

# A. C. L. RECIPES



1289

H. S. Jenrette



# ~ FOREWORD ~

## NOTES ON **A.C.L. RECIPES**

*This manual was prepared and distributed in 1953 by J. J. Peacock, General Superintendent for Dining Cars on the Atlantic Coast Line Railroad. It ensured that consistent instructions for food preparation were in place throughout the dining service of the railroad, with uniform quality being the result.*

*Printing of the manual was made by way of mimeograph, in which a coated stencil was impressed by a typewriter. When typed letters struck the stencil, they pierced the coating. Once the stencil was placed on a rotary drum on the mimeograph machine, ink inside the drum could flow through where letters had struck and print the pages being fed underneath.*

*The quality of reproduction using this method could vary considerably, depending on factors such as the crispness of characters on typewriter hammers, the force of impact used in typing, the amount of ink sloshing around in the drum, and how quickly the ink dried on the paper.*

*This numbered manual was issued to H. S. Jenrette and is faithfully reproduced from the original mimeographed pages, including uneven inking, "fuzzy" type, "ghosting" of characters from one page to another, and other typical imperfections. In addition to hundreds of authentic dining car recipes, some company memos to service staff provide glimpses into how service was centrally managed.*

*The original manual is in the collection of the Wilmington Railroad Museum in Wilmington NC, where it helps illustrate railroad history, especially in the area of dining car service.*

ATLANTIC COAST LINE RAILROAD COMPANY  
DINING CAR DEPARTMENT  
WASHINGTON, D. C.

May 29, 1953

STEWARDS, WAITERS-IN-CHARGE, CHEFS AND PANTRYMEN:

Each steward and chef is being issued a booklet of recipes which have been used from time to time. Each booklet is numbered and all stewards, waiters-in-charge, and chefs will carry these recipes with them at all times while on duty.

We will not issue cooking instructions each month as in the past but items shown on menus will be prepared and served as per instructions in this booklet. No excuses will be accepted for failure to follow these instructions or have booklet with you. If an item appears on menus for which recipe has not been issued, we will issue proper instructions which will carry a page number and is to be immediately inserted in book by steward, waiter-in-charge, or chef as soon as received. New pages will be numbered with a letter following the page number, as an example: Page 8-A. This page is to be inserted following page 8. We may then issue 8-B, etc., which will follow 8-A when inserted.

Pantrymen will not be issued a booklet, but as soon as new menus are received each month, the steward will review with the pantryman the preparation of all items served from the pantry; and stewards and waiters-in-charge will also review with all waiters the service of items appearing on new menus. Chefs will review with cooks the preparation of food items appearing on each new menu. An index appears in the front of the booklet which will enable you to readily locate recipes and service instructions.

If booklet is lost steward, waiter-in-charge, or chef, must immediately report this loss to me and immediately secure another booklet from any of the following points - New York, Washington, Jacksonville, Miami or Wilmington. A charge of \$1.00 will be made for replacement booklets, which must be paid at time of replacement. Stewards, waiter-in-charge, and chefs, who leave our service will be required to turn in booklet; failure to do so will result in a charge of \$1.00 being made against the employee.

J. J. PEACOCK  
General Superintendent Dining Cars

"THERE IS NO SUBSTITUTE FOR COURTESY"

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CONSOMME, ALEXANDRA

Boil in salted water until done 3 carrots, 3 white turnips, 3 outside stalks of celery cut in small dice. Add with 1 cupful of boiled white meat of turkey or chicken, cut in small dice, to 4 quarts of consomme.

CONSOMME BRUNOISE

3 carrots 3 white turnips, 3 outside stalks of celery cut in small dice and boiled in salted water until done. When ready to serve, add tablespoon of vegetables to each cup of consomme.

CONSOMME, CREOLE

Peel and cut in small squares, two raw tomatoes, and add to a quart of boiling consomme. Also add a cupful of boiled rice, and season with a little pepper.

CONSOMME, JULIENNE

Cut carrots, turnips and outside stalks of celery in julienne and cook tender in salted water. Before serving a cup of consomme, add one teaspoon of these mixed vegetables to cup.

CONSOMME MAGADOR

Wash a stalk of celery and cut in small dice, boil in salted water until soft. Then add to three pints of boiling consomme; season well, and serve with chopped parsley.

CONSOMME, PRINCESSE

Add diced cooked chicken and peas to each cup of consomme before serving.

CONSOMME, PRINTANIERE

Consomme with addition of all kinds of Spring vegetables cut in small dice and prepared as for Consomme Julienne.

SERVICE, CONSOMME, HOT OR JELLIED

HOT - To be served in bouillon cup placed in saucer underlined with tea plate, bouillon spoon for service, to be brought in at time of service and placed on side of plate. Crackers on tea plate underlined with doily.

JELLIED - Fill cold bouillon cup 2/3 full, frappe in oatmeal bowl; underline with tea plate, section of lemon. Bouillon spoon for service to be brought at time of service and placed on side of plate. Crackers on tea plate underlined with doily.

CLAM CHOWDER, MAINE STYLE

This is a concentrated clam chowder and comes in 51-ounce cans, making a little over 3 quarts of soup. Follow these instructions: Empty contents of one can into pan, refill the can with milk, adding to chowder. Now add 3 tablespoons butter. Heat on range until piping hot, but do not boil.

FRESH CLAM CHOWDER

|                                |                           |
|--------------------------------|---------------------------|
| 30 clams                       | 5 cups diced raw potatoes |
| 1-1/2 cups diced celery        | 4 oz. butter              |
| 1-1/2 gals. mild fish stock    | Leaf thyme, powdered sage |
| 1-1/2 cups finely diced onions | 3 cups canned tomatoes    |
| 1/2 lb. diced salt pork        |                           |

Fry pork in soup pot until crisp, and remove pork. Cook onions and celery in the pork fat until tender. Add butter and make a light roux. Cook for at least 10 minutes. Boil the clams in a separate pot for 20 minutes with just enough water to cover. Then strain and save the juice. Chop the clams coarsely. Add the chopped tomatoes, the strained clam juice, the fish stock, and the raw diced potatoes to the roux. Season with one teaspoon of leaf thyme and a pinch of sage, and cook until the potatoes are tender. Finish soup by adding the clams, and simmer for a few minutes. Add freshly chopped parsley before serving.

CHICKEN GUMBO SOUP - Instructions for two gallons - 40 portions

|                                          |                                |
|------------------------------------------|--------------------------------|
| 2 kitchenspoons melted butter            | 2 gallons of chicken stock     |
| 3/4 cup of lean ham cut in 1/4 inch dice | 1/2 gallon of canned tomatoes  |
| 1 onion (chopped fine)                   | (finely chopped)               |
| 3 green peppers (cut in 1/4 inch dice)   | 1 cup celery cut in 1/4 inch   |
| 1 cup of rice (boiled in salt water)     | dice                           |
|                                          | 2 cans of okra (cut in slices) |

Saute ham, onions, peppers and celery together in a little butter until onions are soft, then add the stock and tomatoes and let cook until vegetables are well done. When soup is finished, add one cup full of diced chicken (cut up into 1/4 inch dice). Lastly add the okra and let come to a boil once more. Season with salt and pepper. When serving, place teaspoon of cooked rice in each cup.

CHICKEN MULLIGATAWNY SOUP

|                            |                            |                    |
|----------------------------|----------------------------|--------------------|
| 5 diced onions             | 1 diced green pepper       | 1/2 cup flour      |
| 1 cup raw rice             | 1 tablespoon curry powder  | 1 tablespoon lemon |
| 1 gallon chicken stock     | 1 cup cooked diced chicken | juice              |
| 2 cups peeled diced apples | Pinch cayenne pepper       |                    |

Braise onions, green pepper, and rice in chicken grease or butter until onions are tender. Stir frequently to avoid browning the rice. Add curry powder and stir. Add flour and make roux, cooking for ten minutes. Then pour in boiling chicken stock. Whip until smooth. Add cayenne pepper and salt. Also the diced chicken. Simmer until rice is done. Finish by adding the apples and juice of one lemon. Simmer until apples are tender.

CHICKEN BROTH WITH NOODLES

Clear chicken broth with noodles added. Season to taste. Use fresh broth from chickens as far as possible, then use Le Gout Chicken base.

ONION SOUP, CROUTONS

Use Le Gout onion soup. Just before serving place several croutons in each cup of soup. See recipe for Parmesan Cheese croutons.

NAVY BEAN SOUP

|                   |                      |                                                      |
|-------------------|----------------------|------------------------------------------------------|
| 3 Lbs. Navy Beans | 1 Pint Tomatoes      | 1 Cup Flour                                          |
| 1 Carrot          | 2 Medium Onions      | 2 Gals. Rich Stock                                   |
| 1 Lb Salt Pork    | 1 Small Stalk Celery | 2 Raw Potatoes, cut<br>in $\frac{1}{2}$ -inch cubes. |

Wash and sort beans, and add salt pork and raw ham bone, carrots, celery, and one onion. Cover with water, and cook until beans are tender. Remove salt pork and ham bone and one quart of cooked beans for use in garnish. Pass remaining beans through Chinese strainer, and add the stock. Cut salt pork in  $\frac{1}{2}$  inch squares, and braise in pot until crisp; then add  $\frac{1}{2}$  cup finely minced onion. Simmer until tender, add flour for roux, the pureed beans and stock, and stir until smooth. Potato cubes and one pint of finely chopped canned tomatoes should now be added to the soup. Season with salt and white pepper, and simmer until potatoes are tender. Then add the quart of whole cooked beans previously removed for garnish.

SCOTCH BROTH WITH BARLEY

|                                                    |                                             |
|----------------------------------------------------|---------------------------------------------|
| 1 kitchen spoon of shortening                      | 1 cup celery                                |
| 2 cups of onions, cut into $\frac{1}{4}$ inch dice | 1 cup cooked lean lamb<br>cut in small dice |
| 1 cup turnips, cut into $\frac{1}{4}$ inch dice    | 1 gallon lamb broth (seasoned)              |
| 2 cups carrots, cut into $\frac{1}{4}$ inch dice   | $\frac{1}{2}$ cup of barley (well washed)   |
| 1 kitchen spoon flour                              | 1 kitchen spoon of chopped washed parsley   |

Preparation: Place the fat into a saucepan, melt, add the vegetables and saute for about 5 minutes. Then add flour and make roux, cook 5 minutes, then add lamb broth and barley and cook slowly until barley and vegetables are done. Lastly add the meat and parsley, season to taste.

CLEAR GREEN TURTLE SOUP, SHERRY

|                                                               |                                    |
|---------------------------------------------------------------|------------------------------------|
| 4 qt. consomme                                                | 3 oz. sherry (use bar sherry only) |
| <u>Turtle Meat</u> - Use all liquid and meat from 16 oz. jar. |                                    |

Preparation: Put consomme in large saucepan on fire and let come to a boil. Open can of turtle meat and pour into small saucepan and heat. When hot, add all liquid from can of turtle meat to consomme in large saucepan and let soup now boil for 15 minutes. Cut up the turtle meat into  $\frac{1}{2}$  inch dice and put in clean quart jar and strain over about 1 cup of the boiling consomme, then set aside to be used as directed for service. Add 3 ounces of sherry wine to consomme, while boiling and take from fire immediately. Soup must never boil after addition of wine. Strain soup very carefully through double thickness of clean cloth (wrung out in cold water). For each cup of soup add 6 pieces of turtle meat.

BISQUE OF OYSTER

One quart oysters and 1 quart cream make 1 gallon soup. Blanch oysters, skim, drain, and chop very fine. Strain juice. Slice onions and celery fine and braise in butter. Sprinkle with flour, stir, and cover with oyster juice and some chicken stock. Let boil slowly for about 40 minutes and strain. Add oysters and finish with cream. Salt and season.



VEGETABLE SOUP

If there is not sufficient beef on car for beef stock, order beef bones from Washington or Jacksonville.

|                                      |                               |
|--------------------------------------|-------------------------------|
| 5 $\frac{1}{2}$ cups canned tomatoes | 2 raw potatoes                |
| 1 $\frac{1}{2}$ cups diced onions    | 1/2 cup peas                  |
| 1 cup diced raw carrots              | 1/2 cup green beans           |
| 1 cup diced raw celery               | 4 oz. butter                  |
|                                      | 1 $\frac{1}{2}$ gallons stock |

Wash and drain vegetables (except potatoes), and season. Saute slowly for 20 minutes in butter, stirring frequently. Add canned tomatoes and stock. Drop 2 raw, whole peeled potatoes in soup to absorb the acid from the tomatoes. Simmer until vegetables are tender. Skim. Season, remove potatoes, and let stand for half an hour before serving.

CREAM OF ASPARAGUS SOUP

Use trimmings and heavy stalks of fresh asparagus well washed and cut up. Save spears for table service.

CREAM OF BROCCOLI SOUP

|                                |                             |
|--------------------------------|-----------------------------|
| 1 gal. chicken or turkey stock | 8 outside celery stalks     |
| 2 medium onions                | 2 cups flour                |
| 6 oz. butter or shortening     | 2 qts milk (Klim)           |
| 5 stalks broccoli              | $\frac{1}{4}$ teaspoon mace |

Slice onions and celery and chop broccoli heads, stems, and leaves into small pieces saving about two heads of chopped broccoli for garnish. Braise in butter or shortening until tender. Do not brown vegetables when cooking. When tender, add flour, making a roux. Stir with wire whip and cook for ten minutes. Add hot chicken or turkey stock and milk, stirring as milk and stock are added. Simmer for thirty minutes, and season to taste. Let come to boiling point and remove from fire and strain. Add the two heads of sauteed broccoli which you saved for garnish. Dot top with butter.

CREAM OF CELERY SOUP

|                            |                             |
|----------------------------|-----------------------------|
| 2 medium onions            | 4 whole bunches of celery   |
| 6 oz. butter or shortening | 2 cups flour                |
| 1 gallon chicken stock     | 2 quarts milk               |
|                            | $\frac{1}{4}$ teaspoon mace |

Slice onions and three whole bunches celery and braise in butter or shortening until tender. Do not brown or burn. When tender, remove onions and celery and reserve. Add flour to remaining grease, making a roux. Stir with wire whip and cook for ten minutes. Then add hot chicken broth and milk, stirring as milk and stock are added. Return vegetables to soup. Simmer for 30 minutes and season to taste. Let come to boiling point and remove from fire and strain. Dice other whole bunches celery in very fine pieces and braise in butter until tender. Use for garnish by adding after soup has been strained. Dot top with butter. Serve croutons in each cup of soup.

CREAM OF CORN

|                                      |                             |
|--------------------------------------|-----------------------------|
| 2 small onions                       | 8 stalks (outside) celery   |
| 6 oz. butter or shortening           | 2 cups flour                |
| 1-1/2 gal. chicken stock             | 2 quarts milk               |
| 4 cups grated green corn <u>OR</u> 3 | $\frac{1}{4}$ teaspoon mace |
| No. 2 cans of corn                   | Salt and white pepper       |

Slice onions, celery, and use only 3 cups of fresh grated corn if fresh corn is used, or 2 cans of corn if canned corn is used. Braise all in butter or shortening. Cook until tender. Do not brown or burn vegetables while cooking. When tender, add flour, stirring it in with wire whip, making a roux. Cook roux for 10 minutes. Add chicken broth and the milk (hot) stirring constantly as stock and milk is added. Simmer for 30 minutes, season to taste, let come to boiling point, remove from fire, strain. Saute the remaining corn left from the above quantity of ingredients in butter until tender and use for garnish in soup when served. Make fresh daily.

CREAM OF MUSHROOM SOUP

On and after November 30, 1953, (Unless otherwise specified) when Cream of Mushroom Soup is represented on menus, we will use Heinz Cream of Mushroom Soup. This will be furnished in No. 5 cans and requires addition of milk. Read directions shown on can and follow to the letter. One No. 5 can will yield about 22 portions.



CREAM OF LIMA BEAN

To 4 cans of lima beans, add 1 diced carrot, 1 sliced onion, and 1 quart ham stock. Let cook until beans and other vegetables are soft, force through a puree strainer. Then melt 1/2 cup butter, add 1/2 cup flour, and stir until smooth, and add to boiling soup. Add 4 cups milk, bring to boiling point and add 4 tablespoons butter in small pieces. (16 portions)

CREAM OF MUSHROOM SOUP

|                            |                         |
|----------------------------|-------------------------|
| 2 medium onions            | 8 outside celery stalks |
| 6 oz. butter or shortening | 2 cups flour            |
| 1 gallon chicken stock     | 2 quarts milk           |
| 1-1/2 pounds mushrooms     | 1/4 teaspoon mace       |

Wash, peel cap, and cut thin slice from bottom stem of mushrooms. Chop in fine pieces both heads and stems. Slice onions and celery and add 1 lb. of the amount of fresh, washed, chopped mushrooms to butter or shortening and braise until tender but do not brown. When tender, add flour, making a roux. Stir with wire whip and cook for ten minutes. Add hot chicken stock and milk, stirring as milk and stock are added. Simmer for thirty minutes, and season to taste, adding mace. Let come to boiling point, and remove from fire and strain. Saute remaining mushrooms in butter and add to soup for garnish.

CREAM OF PEANUT SOUP

Use one gallon of strong veal, chicken, or turkey stock, three pounds of peanut butter, working the peanut butter into a light roux in saute pan. Add to stock and let simmer gently for an hour. Before serving, add a little hot cream -- to be thoroughly mixed in with the soup. This soup must not, under any circumstances, be carried over from one meal to another, but must be made up freshly for each meal.

CREAM OF POTATO AND LEEKS

|                            |                      |
|----------------------------|----------------------|
| 1 quart milk               | 1/2 cup diced leeks  |
| Salt and pepper            | 1/8 lb butter        |
| 1 cup diced potatoes       | 1/2 cup diced celery |
| 1 heaping tablespoon flour | Pinch celery salt    |

Boil leeks, potatoes, and celery together with sufficient water to cover. Boil water down to about one cup by the time potatoes are done. Thicken with flour and add salt and pepper to taste. Add milk and a dash of celery salt. Simmer for a few minutes, but do not allow soup to boil after milk is added.

CREAM OF TOMATO SOUP

Use Campbell's tomato soup, 51-ounce cans. Empty contents of can into pan. Fill empty soup can with cold milk and stir this milk into soup in pan. (Do not use water) Heat to boiling, but do not boil.

PUREE OF LENTIL SOUP

|                             |                |
|-----------------------------|----------------|
| 2 lbs lentils               | 1 ham knuckle  |
| 3 chopped carrots           | 2 gals. stock  |
| 4 chopped onions            | 1 clove garlic |
| 3 stalks of celery, chopped | 4 cloves       |
| 6 whole peppercorn          | 2 bay leaves   |

Braise the ham knuckle, the chopped vegetables, spices, and the garlic, in a small amount of shortening until tender; then add the washed lentils, the stock, and  $\frac{1}{2}$  gallon water. Boil until lentils are well done; remove one cup lentils for use as a garnish; then thicken slightly with a roux of butter and flour. Season with salt and white pepper, and strain through Chinese strainer. Add to the strained soup the cup of lentils previously removed, and garnish each bouillon cup with 4 thin slices of frankfurter.

CELERY AND OLIVES - Table D'Hote

Cut heart of celery in four pieces. Serve two pieces and four olives to each person on cold tea plate. Celery should stand in ice water before serving to assure its being crisp.

STUFFED CELERY

Stuff celery hearts with blue cheese, Worcestershire sauce, etc. Use only hearts.

MIXED PICKLES

Line sauce dish with single lettuce leaf, place four or five sweet mixed pickles on lettuce and cover with shaved ice. Serve when soup or juice is brought in.

SMOKED SHAD, MAYONNAISE - (Four orders to the can)

Cold tea plate. Place shad on crisp single leaf of lettuce, sprinkle with finely chopped onion and finely chopped egg yolk, teaspoon of mayonnaise on top. Two saltines on side of plate. Piece of lemon.

CLAM JUICE COCKTAIL

To each quart of clam juice, add  $\frac{1}{4}$  cup tomato catsup,  $\frac{1}{4}$  cup lemon juice,  $\frac{1}{2}$  teaspoon of Tabasco sauce, and a pinch celery salt. Shake well and serve thoroughly chilled in juice glass on doily-lined tea plate.

FRUIT COCKTAIL

Use stemmed cocktail glasses. Keep them cold. Fill cocktail glass with cold mixed canned fruit cocktail, and top with maraschino cherry. Serve on doily-lined tea plate.

FRESH FLORIDA FRUIT COCKTAIL

Use fresh oranges, grapefruit, avocado and banana. Add bananas just before start of service so that they will not turn black. Serve in cold-stemmed cocktail glass, top with cherry. Underline with doily-lined tea plate.

AVOCADO COCKTAIL

Split avocado, remove pit, peel and cut into small cubes. Line cold cocktail glass with lettuce. Fill cocktail glass two thirds full of cubed avocado. Cover with cocktail sauce made of mayonnaise and chili sauce, even in proportion and sharpened with lemon juice. Serve on doily lined tea plate with 1/8 lemon stuck on oyster fork on one side of plate and 3 crackers on other side.

CRABMEAT COCKTAIL

Line cold stemmed cocktail glass with lettuce. Place 2 ounces crabmeat in cocktail glass and cover with cocktail sauce. Place cocktail glass on doily-lined tea plate. 1/8 lemon stuck on oyster fork on one side of cocktail glass and 3 crackers on the other side. Care must be taken to see that glasses, crabmeat and sauce are cold. Pick all shell from crabmeat. A la carte - same as above except use 3 ounces crabmeat.

LOBSTER COCKTAIL

Line cold cocktail glass with lettuce. Fill cocktail glass 2/3 full with lobster meat. Cocktail sauce over top. Serve on doily-lined tea plate. 1/8 lemon stuck on oyster fork placed at one side of cocktail glass, and 3 crackers on other side.

MELON COCKTAIL

Use pineapple juice as the liquid base for the cocktail. Cut melon in uniform dices. Place in crock, add a little sugar and lemon juice. Keep in chill box. Serve in cocktail glass topped with maraschino cherry.

OYSTER COCKTAIL - Use smaller oysters.

Line cold stemmed cocktail glass with lettuce. Place three count oysters for table d'hote service in cocktail glass and cover with cocktail sauce. Place cocktail glass on doily-lined tea plate. 1/8 lemon stuck on oyster fork placed at one side of cocktail glass and 3 crackers on other side.

A la Carte Service - Same service as above, except fill cocktail glass to capacity with count oysters.

SHRIMP COCKTAIL - Table D'Hote

Line cold stemmed cocktail glass with lettuce. Place 3 large or 4 medium sized shrimp in cocktail glass and cover with cocktail sauce. Place cocktail glass on doily-lined tea plate. 1/8 lemon stuck on oyster fork at one side of cocktail glass and 3 crackers on the other side. Care must be taken to see that glasses, shrimp, and sauce are cold.

TOMATO JUICE COCKTAIL

|                                   |                      |
|-----------------------------------|----------------------|
| 1/2 cup tomato juice              | 1 dash celery salt   |
| 1/4 teaspoon Worcestershire Sauce | 1 dash tabasco sauce |

Place ingredients into shaker, add two or three pieces of ice, shake well, and strain before serving,

FOR SEAFOOD COCKTAILS SEE, SOUPS, APPETIZERS AND COCKTAILS.

POACHED FILLET OF FISH

Place 1 bay leaf, 4 whole peppers, 4 whole cloves, 4 allspice, the juice of 1 lemon and 1 small onion finely diced in a pot or pan. Fill pot half full of water, add salt, and let it come to a slow boil. Boil until the flavor of the spices and the onion have blended; then add the fish and let it simmer slowly until done. Fish should be removed carefully to avoid breaking it.

BAKED FILLET OF FISH, SPANISH SAUCE

Saute together with butter, 1/2 teaspoon paprika, 1 cup each of sliced onions, green peppers and mushrooms, until soft. Then add 3 cups of canned stewed tomatoes. Season with salt, 1 teaspoon of sugar, cover and let simmer until thick. No flour must be used to thicken this sauce, but reduce to proper consistency.

BAKED FILLET OF FISH, CUBANAISE

After fillets have been prepared for baking, place over top two thin slices of tomato on each fillet, and then sprinkle with very finely chopped onion and green pepper. Add salt and small amount of melted fat and bake in oven.

BROILED RED SALMON STEAK - Cook to order.

We will furnish salmon steaks from Washington, cut in eight-ounce portions. Serve 8 ounces to each order. Dip steak in mixture of oil and paprika, broil on broiler, and brush with lemon - butter just before serving. Garnish with sprig of parsley and 1/8 lemon. Fish must be served piping hot.

CODFISH CAKES WITH TOMATO SAUCE

Use Gorton's ready-to-fry codfish cakes, 2-lb. 2-oz. cans. Each can will make 16 cakes (8 orders). Drain on brown paper before serving. Serve 2 cakes to each order set in tomato sauce.

FRENCH FRIED FILLET OF FISH, TARTAR SAUCE, HUSH PUPPIES

Prepare fillets same as for pan frying. Fry in deep fat until brown and done, be sure not to burn. Place fillet on brown paper on towel to absorb excess grease before serving.

CREAMED FILLET OF FINNAN HADDIE

Fillets of smoked finnan haddie will be furnished you. Boil for one minute in plain water. Then separate the fillets in small pieces. Simmer in cream. Thicken lightly with cream sauce. Serve very hot in large shirred egg dish with a toast point in each side of dish. Underline with tea plate, hot service plate for service.



ATLANTIC COAST LINE RAILROAD COMPANY  
DINING CAR DEPARTMENT  
WASHINGTON, D. C.

September 13, 1956

1906  
904

STEWARDS AND CHEFS:

Effective at once, we will issue both fresh fish and frozen fillets to our diners.

Fresh fish is to be used when menu specifies broiled or grilled fish. Frozen fillets are to be used when menu specifies paned or fried fish. It must be understood that frozen fillets are not to be used for broiling or grilling.

On diners with deep freeze boxes, frozen fillets are to be kept in deep freeze, but once they are thawed out they must not, under any circumstances, be returned to deep freeze or frozen again. They should be placed in small pan and kept in fish well. On cars where we do not have deep freeze these frozen fillets are to be kept in fish well, thoroughly iced at all times.

Frozen fillets will yield  $2 \frac{2}{3}$  orders per pound, or in other words, portions should average 6 ounces each. In making preparation for a meal where frozen fillets are to be used, it will be satisfactory to thaw out a few orders of fish before meal starts, but amount thawed out must be held to a minimum, consistent with service requirements, and cooked to order. In emergency, frozen fillets may be fried or paned without complete thaw out. As soon as fillets are thawed out, they should be placed in fish well and used as needed.

When ordering fish be sure to specify fresh or frozen as may be required to protect the menu as outlined above. Order frozen fillets by the pound and carry them in trip report in the same manner.

The use of frozen fillets is an experiment, and we wish prompt reports from stewards and chefs in this regard. More importantly, we want you to report any comments made by passengers either pro or con. It is not desired that you inform passengers we are using frozen fillets, but, of course, if you are asked, it is perfectly satisfactory for you to so inform them.

J. B. MASHBURN  
Superintendent Dining Cars

MARYLAND CRAB CAKES, TARTAR SAUCE - 1 lb crabmeat, 5 orders

Carefully pick and remove all shell and particles from crab meat. Flake and heat crab meat in butter, season with a tablespoonful of Worcestershire sauce, a teaspoonful of French mustard, salt, white pepper, and a pinch of cayenne. Seasoning proportions are for 1 pound of crab meat. Combine crabmeat with a thick cream sauce into which 3 egg yolks have been blended. Mix well. Set aside to get cold, then shape into cake form, 3 inches in diameter and 1/2 inch thick. Score with knife lightly, dredge with flour, dip in egg wash and roll in fine bread crumbs. Fry in hot deep fat until brown. Drain well before serving.

Service - On bed of cream sauce on dinner plate, place 2 cakes dressed with butter. Garnish with sprig of parsley and 1/8 lemon cut from stem end to blossom end. Tartar sauce on small piece lettuce on same plate.

CRAB MEAT AU GRATIN, EN CASSOLETTE - 5 portions

|                             |                            |
|-----------------------------|----------------------------|
| 1 lb. crabmeat              | 1 quart medium cream sauce |
| 1/2 cup grated cheese       | 1/2 cup bread crumbs       |
| 5 slices freshly made toast | 4 oz. butter               |
|                             | 1 teaspoon paprika         |

Flake crabmeat and pick over carefully removing any bits of shell. Heat crab flakes in two ounces butter until thoroughly warm, then add cream sauce and let simmer five minutes. Season to taste. Combine bread crumbs with cheese and paprika. Place a slice of toast on bottom of shirred egg dish and about 1-1/2 kitchen spoonfuls crab meat mixture over the toast. Sprinkle generously with bread crumb-cheese mixture. Use remaining butter to dot top of each dish, and place in oven and bake until browned. Serve piping hot, underline with tea plate.

FRIED SELECT OYSTERS, TARTAR SAUCE, COLE SLAW

Use count oysters - 6 to order. Season oysters with salt and pepper, roll in bread crumbs, shake well, dip in egg wash, and then roll again in bread crumbs. Gently press the oyster between the hands, being careful not to break. Fry in hot shallow grease. Drain on brown paper before serving.

Service - Serve 6 oysters on 2 triangular pieces of toast on service plate, garnish with 1/8 lemon, sprig parsley. Tartar sauce on lettuce leaf on same plate. Cole slaw (molded) on same plate.

BROILED FLORIDA POMPAÑO, HAVANAISE

One whole 1 lb. fish to order. Broil to order only. Havanaise sauce to be served on side in gooseneck. See receipt for sauce.

SHAD ROE WITH BACON, COLE SLAW

Serve 1 roe (half pair) to order with 2 strips of bacon crossed over roe. Mold 1/2 egg cup cole slaw and turn out on single lettuce leaf on service plate. One vegetable on service plate and one in side dish. Garnish with piece of lemon and sprig parsley.

SARDINES, POTATO SALAD, COLE SLAW

Line cold medium platter with crisp lettuce leaves. Serve chilled sardines in opened can. Place can in center of platter. Mold 1/2 egg cup slaw and turn out on one end of platter. Mold 1/2 cup potato salad and turn out on other end of platter. Two slices tomatoes --one on each side of platter. Sprig of parsley. Cold service plate served to guest with platter. If guest requests hot vegetables also, serve in side dishes. Entire service from kitchen.

SCALLOPS

Each quart of medium scallops will average about 33 pieces. Cut the large scallops in half, cutting crosswise against the grain. Dredge in flour, dip in egg wash, roll in bread crumbs. Fry in hot fat until golden brown and thoroughly done. Do not burn. Place on brown paper to absorb grease.

Service - Serve 6 scallops on two triangular pieces of toast on hot dinner plate. Dress with melted butter, garnish with sprig of parsley and 1/8 lemon cut from stem end to blossom end.. Serve tablespoon of tartar sauce on small lettuce leaf.

FLORIDA SHRIMP CREOLE, WITH STEAMED RICE - 8 servings.For preparation of shrimp.

|                               |                  |
|-------------------------------|------------------|
| 5 pounds shrimp               | 2 bay leaves     |
| 2 teaspoons whole mixed spice | 2 teaspoons salt |
| 1/2 teaspoon red pepper       | 1/4 cup vinegar  |
|                               | 3 blades celery  |

Wash shrimp well in cold water, and place in pot. Add remaining ingredients and enough water to cover shrimp and bring to boil. Boil eight minutes. Remove from fire, strain, and save liquid. Pour cold water over shrimp. Remove hull from shrimp; open backs with small knife and remove seams. Place washed shrimp back in shrimp liquid and set in refrigerator until ready to use.

For preparation of Sauce Creole

|                            |                        |
|----------------------------|------------------------|
| 2 onions, chopped fine     | 1 minced green pepper  |
| 4 blades celery, chopped   | 1 clove garlic         |
| 1/4 cup melted butter      | 1/4 cup sifted flour   |
| 1 cup puree of tomatoes    | 2 cups canned tomatoes |
| 1/4 cup mushrooms          | 1 bay leaf             |
| 1 teaspoon chopped parsley | Hot cooked rice        |

Saute onions, green pepper, celery and garlic in butter five minutes. Blend 1/4 cup sifted flour and stir well. Add tomatoes, tomato puree, mushrooms and bay leaf. Season to taste. Cook slowly for 30 minutes. Add chopped parsley.

Service

Place a mold of boiled rice in middle of large shirred egg dish. Place a layer of shrimp around rice mold. Then pour sauce over shrimp. Garnish with a sprig or two of parsley. Serve hot.

SHRIMP, NORFOLK STYLE, COLE SLAW

Wash shrimp well in cold water, and place in pot. Boil eight minutes. Remove from fire, strain, and save liquid. Pour cold water over shrimp. Remove hull from shrimp; open backs with small knife and remove seams. Place washed shrimp back in shrimp liquid and set in refrigerator until ready to use.

Heat shirred egg dish on top of range, cover bottom of dish with melted butter, place 8-10 shrimp (depending on size) in the melted butter in shirred egg dish. When shrimp are thoroughly heated entree is ready to serve but chef must see that this entree is piping hot and not removed from range until waiter is ready to serve. Underline with tea plate. Cole slaw on lettuce leaf on service plate and 1/8 piece lemon.

FRIED SHRIMP, TARTAR SAUCE, COLE SLAW

Shuck, leaving tail on shrimp. Remove intestinal vein and split down back. Rinse well in cold water. Flatten shrimp (fan tail), season with salt and pepper, roll lightly in flour. Dip in egg wash and bread lightly in cracker crumbs. Fry in hot fat until of golden brown color. Drain on brown paper or clean towel. Serve 8 shrimp to each order on toast on service plate. Cole slaw, molded (2/3 egg cup) turned out onto lettuce leaf. Tartar Sauce on lettuce leaf. Garnish with 1/8 lemon and sprig of parsley.

CURRY OF SHRIMP WITH RICE, EN CASSOLETTE - 15 servings.

Preparation of Shrimp - Wash 5 lbs. shrimp in cold water and place shrimp in pot. Add two teaspoons of whole mix spice, 1/2 teaspoon red pepper, two bay leaves, two teaspoons salt, 1/4 cup vinegar, and three blades celery. Add enough water to cover shrimp and bring to boil. Boil eight minutes. Remove from fire, strain and save liquid. Pour cold water over shrimp. Remove hull from shrimp; open backs with small knife and remove seams. Place washed shrimp back in shrimp liquid and set in refrigerator until ready to use.

|                      |                            |                                        |
|----------------------|----------------------------|----------------------------------------|
| <u>Curry Sauce</u> - | 3 onions, chopped          | 2 green peppers, chopped               |
|                      | 2 tablespoons Curry Powder | 4 oz. butter                           |
|                      | 1 gallon stock             | 1 cup flour                            |
|                      | 1 clove garlic             | 2 unpeeled apples, cut in small pieces |
|                      |                            | 1/2 cup cream.                         |

Braise onions, peppers, and apples in butter until soft and tender. Then add the garlic, and immediately stir in the curry powder, allowing it to cook for a few minutes with the vegetables. Sprinkle flour over the vegetables, cook thoroughly for about 10 minutes, then add the boiling stock, stirring with the whip to prevent lumps from forming. Cook slowly for about one hour; then strain. Finish sauce with one-half cup of cream. Sauce should be very smooth and thick enough to adhere to shrimps. Season with salt and white pepper, and dot with butter.

Service - Place a mold of boiled rice in middle of shirred egg dish. Place a layer of shrimp around rice mold. Then pour curry sauce over shrimp. Garnish with a sprig or two of parsley. Serve hot.

TOMATO STUFFED WITH SHRIMP SALAD, HARD COOKED EGG, COLE SLAW.

Shrimp Salad - This will make several orders.

|                                       |                            |
|---------------------------------------|----------------------------|
| 2 cups coarsely chopped boiled shrimp | 1 chopped pimento          |
| 1 cup celery                          | 4 chopped hard-cooked eggs |
| 1 tablespoon capers                   | Mayonnaise                 |

Mix shrimp, celery, capers, pimento and eggs together. Add enough mayonnaise to bind well. Add salt and pepper to taste.

Select large firm tomatoes, not too ripe, scoop out. Fill cavity with shrimp salad, place 1/2 teaspoon mayonnaise on top of salad. Sprinkle lightly with paprika.

Line cold medium platter with single lettuce leaves, and place cold stuffed tomato in center of platter. Mold 1/2 egg cup cole slaw and turn out on end of platter. Place slice of dill pickle and sprig of parsley on other end of platter. Cut 1 hard boiled egg in quarters and place around base of stuffed tomato.



ATLANTIC COAST LINE RAILROAD COMPANY  
DINING CAR DEPARTMENT  
JACKSONVILLE, FLORIDA

December 27, 1962

SPECIAL FLORIDA FRIED SHRIMP PLATTER

From time to time this item will be on our menus as a specialty:

FLORIDA  
FRIED SHRIMP  
(eight)  
Served on a platter  
with  
Tartar Sauce  
Hush Puppies  
French Fried Potatoes  
Red Cabbage Slaw  
"Coast Line Dressing"  
Rolls Beverage  
(price)

Very special attention must be given to the proper preparation and service of this specialty and each chef must pride himself on the attractiveness of this item, when served. Waiters must also pay special attention to proper service of this specialty.

Serve eight (8) shrimp to order. Shuck, leaving tail on shrimp. Remove intestinal vein and split down back. Rinse well in cold water. Flatten shrimp (fan tail). Season with salt and pepper, roll lightly in flour. Dip in egg wash and bread lightly in cracker crumbs. Fry in very hot fat until a golden brown color. Drain on brown paper or clean towel.

Tartar Sauce: Make exactly as shown in recipe, page 68.

Hush Puppies: (Serve 2 to the order). Order Hush Puppy Mix. Follow the instructions on package. These to be freshly cooked and molded about the size of an egg.

Red Cabbage Slaw: To be made in kitchen. Shred red cabbage finely. Mix just enough "Coast Line" dressing (shake well) with shredded cabbage to hold it together. Keep cold.

Service: Place (8) fried (fan tail) shrimp on one end of platter. In center of platter place crisp lettuce leaf and turn out red cabbage slaw, molded in coffee cup onto lettuce leaf. On other end of platter place (14) pieces French Fried Potatoes (crisp and well drained). On front side of platter near cold slaw place (2) Hush Puppies and on opposite side of platter place a tablespoon of tartar sauce on piece of crisp lettuce. Garnish platter with sprig of parsley and a lemon wedge.

Hot service plate for service. Rolls on individual tea plate. Guests choice of beverage.

J. B. MASHBURN  
Superintendent Dining Cars

CHICKEN CASSEROLE WITH NOODLES - 6 portions

Cook 1 roasting chicken in small amount of water until meat drops from bones. Remove skin and bones and cut into large pieces. Cook 1 package egg noodles in boiling salted water. Drain well, run cold water over them and drain. Arrange a layer of chicken and a layer of noodles in casserole until filled. Cover with fricassee sauce and spread cheesed bread crumbs over top. Brown in hot oven. See recipe for fricassee sauce and cheesed bread crumbs.

ROAST STUFFED CHICKEN

Clean chicken, wash, peel out breast bone and fill with dressing. Tie, rub with salt, arrange in roasting pan and garnish with slices of onions, carrots and turnips, a few branches of celery, bay leaves, and whole black peppers. Brush with clean grease and roast in hot oven. Baste frequently.

CHICKEN PIE, EN CASSEROLE - 20 pies

|                              |                            |
|------------------------------|----------------------------|
| 1 lb salt pork               | 2 cups carrots (boiled)    |
| 2 cups Pearl onions (canned) | 2 cups cooked potato balls |
| 4 cups chicken pie sauce     | 2 cups cooked peas         |
| 5 4-lb. roasting chickens    |                            |

For each chicken pie cut 4 pieces of salt pork in 1/2 inch squares, saute until crisp, and place in bottom of chicken pie dish. Place dark and white meat of freshly boiled chickens over salt pork, and cover with one boiled carrot cut crosswise in 1/2 inch pieces, 4 potato balls which have been cooked in salted water and well drained, 2 or 3 small boiled pearl onions, and a few green peas. Cover with chicken sauce, and top with rich pie crust. Brush crust with egg wash, and bake until brown. Do not bake too many pies ahead and be sure they contain sufficient sauce.

Chicken Sauce - In making sauce for chicken pie, follow this method: Skim the broth in which chickens were cooked. Strain broth through a cloth. Place back on fire, and use clarified chicken fat or butter to make a roux. For a gallon of sauce use 3/4 cup fat or butter and 2 cups of flour. When the fat has absorbed the flour, cook this mixture slowly for five or six minutes; then add the boiling stock, a little at a time, whipping well as you add. Season with salt and white pepper, remove from fire, and add 2 eggs well beaten in 1/2 cup of cream. When finished, the sauce should be thick enough to adhere to meat.

Service - Underline chicken pie dish with tea plate, and use hot dinner plate for service.

CREAMED CHICKEN SHORTCAKE, GREEN PEAS

Service - Bake corn bread in a sheet about 1 inch thick, and cut in 3 inch squares. Split in the middle, and toast split side. Place toasted corn bread in center of hot dinner plate, cover with flaked creamed chicken and sprinkle with chopped parsley. Just before serving, place 1 teaspoon green peas over top of shortcake.

CHICKEN A LA KING, EN CASSOLETTE - 16 portions

|                                         |                                |
|-----------------------------------------|--------------------------------|
| 3/4 cup clarified chicken fat or butter | 1/2 cup diced green peppers    |
| 1 can mushrooms                         | 6 cups cooked chicken, equal   |
| 1/2 cup diced pimento                   | amount white and dark meat,    |
| 2 quarts cream sauce                    | flaked into 1-in. thin squares |
| 1 cup cream                             | 2 kitchenspoons sherry wine    |
| chicken stock                           | 6 egg yolks                    |

Slice mushrooms. Braise diced green pepper and sliced mushrooms in fat or butter until tender but not brown. Add to this the chicken flakes. Heat thoroughly. In separate saucepan prepare rich cream sauce, using half-milk and half-cream and chicken stock seasoned with celery salt, salt and white pepper. Remove from direct fire, and add 6 egg yolks beaten into the cup of cream. Return sauce to fire and let simmer slowly for a couple of minutes; then add it to the chicken, mushrooms and green peppers. Mix carefully and add diced pimentos and sherry wine. Caution -- Do not permit to boil after adding wine.

Service - Place one slice freshly made toast in large hot shirred egg dish with Chicken A La King over top. Underline with tea plate. Just before serving, garnish with 2 thin strips pimento crossed over top, and sprinkle lightly with paprika. Hot dinner plate for service.

CHICKEN CROQUETTES, CREAM SAUCE - 20 Croquettes, 10 portions

|                                  |                                 |
|----------------------------------|---------------------------------|
| 3 1/2 cups cooked ground chicken | 1 cup finely diced celery       |
| 1 cup finely diced onions        | 1 cup clarified chicken fat     |
| 1 cup finely diced mushrooms     | 1/2 cup finely diced pimento    |
| 3 egg yolks                      | 1 cup flour                     |
| Dash of nutmeg                   | Celery salt, salt, white pepper |

Braise celery, onions, and mushrooms slowly in the clarified chicken fat until soft. Add enough flour to make a stiff roux. Season with celery salt, salt white pepper and a dash of nutmeg. Add enough boiling chicken stock to make a thick paste and let cook for five or six minutes. Then fold in the ground meat and the pimentos. Mix thoroughly and finally add the beaten egg yolks. Then shape into croquettes and set aside. Before frying, dredge croquettes with flour, dip in egg wash, then into cracker meal or bread crumbs. Fry in very hot, deep grease until golden brown. Before serving, dip tips of croquettes in a little sauce, and then into chopped parsley.

Service - 2 croquettes on bed of cream sauce, with triangular piece of freshly made toast at the side of each croquette. Garnish with sprig of parsley.

CREAMED CHICKEN SUPREME, EN CASSOLETTE

Boil and cut 4 lb. chicken in 1/2 inch dice. Add Veloute Sauce to which has been added one cup of cream. Use dark and light meat of chicken. See recipe for Veloute Sauce.

Service - Place a mold of boiled rice in center of large shirred egg dish. Place Chicken Supreme around rice mold. Serve piping hot. Garnish with a sprig or two of parsley.

POULTRY (continued)CURRY OF CHICKEN WITH RICE - 25 portions

5 4 lb. roasting chickens  
 2 quarts curry sauce  
 3 lbs. rice

Dismember and remove all bones and skin from cooked chickens. Flake meat into large pieces, add to curry sauce, and simmer for a few minutes.

Curry Sauce

|                            |                                        |
|----------------------------|----------------------------------------|
| 3 onions, chopped          | 2 green peppers, chopped               |
| 2 tablespoons curry powder | 4 oz. butter                           |
| 1 gal. chicken stock       | 1 cup flour                            |
| 1 clove garlic             | 2 unpeeled apples, cut in small pieces |

Braise onions, peppers, and apples in butter until soft and tender. Then add the garlic, and immediately stir in the curry powder, allowing it to cook for a few minutes with the vegetables. Sprinkle flour over the vegetables, cook thoroughly for about 10 minutes, then add the boiling chicken stock, stirring with the whip to prevent lumps from forming. Cook slowly for about one hour; then strain. Finish sauce with one-half cup of cream. Sauce should be very smooth and thick enough to adhere to meat. Season with salt and white pepper, and dot with butter. Steamed rice is always served with this recipe.

FRICASSEE OF CHICKEN WITH NOODLES

Chickens are left whole when prepared for boiling. Clean well, being sure to remove lungs and kidneys from inside. Put 5 4 lb. roasting chickens in stock pot with cold water to cover. Add a bouquet of vegetables, consisting of onions, carrots, celery and parsley. Cook until tender, or until thigh meat will come loose easily from bone. When done, remove and plunge into cold water to bleach. Leave chickens in water until cold. Skim the stock and use the chicken fat instead of butter for making roux for chicken sauce. Dismember chickens, removing all bones and skin and cut meat into large pieces. See recipe for fricassee sauce.

Noodles - Boil 1 lb. noodles in salted water until done, and drain.

Service - Arrange noodles neatly on dinner plate, and cover with chicken (equal parts dark and white meat). Pour sauce over top.

FRIED HALF SPRING CHICKEN (disjointed). CREAM GRAVY

Fried chicken is to be entirely disjointed, which means to remove leg from thigh, thigh and wing from breast. Sprinkle chicken with salt and pepper, roll in flour (do not use batter), then fry in clear hot shallow grease until golden brown and thoroughly done. Chop frill on leg bone when served. Arrange neatly on platter. Garnish with sprig of parsley. Cream gravy on side in gooseneck.

January 19, 1959

FRIED CHICKEN IN BASKET, FRENCH FRIED POTATOES  
MIXED SALAD, ROLLS AND CHOICE OF BEVERAGE

We are going to feature this item on all dinner menus each month. It is of great importance that this speciality be cooked and served at all times just as we show below:

Plastic baskets will be furnished each diner. 36-seat cars to have a standard of 18 baskets, 48-seat 24 baskets, twin-units 32 baskets and cafe lounge cars 8 baskets. Baskets to be stored in kitchen in overhead dry lockers. They must never be placed on the range, or subject to any other direct heat from range or broiler. These baskets are to be washed in the kitchen and will stand 170 degree water, but they must not be left in this water beyond the regular sterilizing time.

Chicken to be disjointed and fried as shown on page 15 of recipe book, which is as follows: "Fried chicken is to be entirely disjointed, which means to remove leg from thigh, thigh and wing from breast. Sprinkle chicken with salt and pepper, roll in flour (do not use batter), then fry in clear hot shallow grease until golden brown and thoroughly done." Serve 1/2 chicken. Cooks will place clean paper doily 8" x 12" in each basket. (Stewards when ordering these doilies specify "basket doilies"). Neatly arrange the four pieces of chicken, fried golden brown, in left end of basket, with leg of chicken on top, colored pink chop frill attached to leg bone. Do not cut leg bones too short or frills will not stay on them. In other end of basket, arrange neatly lengthwise, 18 pieces of French Fried Potatoes. Garnish with sprig of parsley. Use the larger sized potatoes to get as near a uniform size as possible. Cut these and fry them exactly as outlined in my bulletin of February 7, 1956 (steward's bulletin book number 135), which reads as follows:

"We continue to receive complaints that French-fried potatoes are cold and soggy when served. Reports from supervisory personnel indicate this condition results from one of several undesirable practices; (1) Potatoes being prepared in advance and reheated in the oven when orders received; (2) Potatoes being cut too large, blanched off prior to meal service, and then not sufficiently cooked when orders received; (3) and potatoes cooked in oil so hot they are brown on the outside, but only partially cooked through.

THIS IS THE PROPER PROCEDURE:

"The recipe of ACL Steak Platter, page 22 of your Recipe Book, shows French-fried potatoes are to be cut 1/2 inch in thickness. They should also be cut 1/2 inch in width, and the length of the potato, with ends squared. On trains where only a few orders are anticipated, they should be cooked to order. For heavy service, it will be permissible to partially cook the

(see next page)



potatoes at the beginning of the meal; but in such cases, they should be finished off in the French fryer as ordered, and must be hot, crisp, and thoroughly cooked.

"I cannot stress too strongly the importance of cutting potatoes in the correct thickness. Failure to do so will result in discipline. Look at the handle of a coffee cup. This is 1/2 inch - the size of potatoes should be the same thickness."

Waiters are to serve the order consisting of chicken, potatoes in basket, mixed salad (same as used for ACL steaks) on cold tea plate, pat of butter on butter chip and two rolls on tea plate, all at the same time. Do not serve salad, rolls or butter until you bring out the chicken. Hot service plate to be placed in front of guest. Beverages to be served at any time desired by guest.

Any additional items such as soups, juices, desserts, etc., that may be ordered by guest must be added to meal check before served and additional charge made by steward or waiter-in-charge.

J. B. MASHBURN  
Superintendent Dining Cars.

SLICED CHICKEN, HAM, POTATO SALAD, PICKLED BEETS

Arrange chicken and ham in center of cold platter.

Portion: 2 slices of white meat and one slice dark meat of chicken and 1 slice ham. On one end of platter place three slices pickled beets, each slice overlapping, on single crisp lettuce leaf. Mold 1/2 cup potato salad in egg cup and turn out on single crisp lettuce leaf on other end of platter. Sprinkle potato salad with chopped parsley. See recipe for potato salad.

SLICED CHICKEN WITH ASPARAGUS SPEARS, EN CASSEROLE - 5 portions

|                                    |                                      |
|------------------------------------|--------------------------------------|
| 1 1/4-lb roasting chicken (boiled) | 1 quart chicken fricassee sauce well |
| breast, and legs thinly sliced     | seasoned and very hot                |
| 20 Asparagus spears (canned) four  | Melted butter                        |
| to each portion.                   | Paprika                              |
| 2 1/2 Kitchenspoons                | grated American Cheese               |

Heat the sliced chicken in a little well seasoned chicken broth and when very hot drain off the broth and divide the chicken into five portions each one having an equal amount of both white and dark meat. Place in five casseroles; on top of the chicken put four asparagus spears. Pour over each portion enough of the fricassee sauce so as to come up within half an inch of the top of the casserole. Sprinkle generously with grated cheese and a few bread crumbs, a few drops of melted butter, and a dash of paprika; then bake in a moderately hot oven until of nice golden brown color. Serve very hot. See recipe for fricassee sauce.

SLICED CHICKEN ON TOAST, CHEESE SAUCE, GRILLED TOMATO, EN CASSOLETTE - 1 portion

|                                                                       |   |                          |
|-----------------------------------------------------------------------|---|--------------------------|
| 3 thin slices of dark meat                                            | ) |                          |
| of roasting chicken                                                   | ) | Made very hot in chicken |
| 2 thin slices of white meat                                           | ) | broth and drain well.    |
| of roasting chicken                                                   | ) |                          |
| 1 slice of fresh toast, trimmed and cut round to fit shirred egg dish |   |                          |

Use Welsh rarebit cheese for this entree.

Service - Make the shirred egg dish very hot by placing on top of range. Lay the well drained chicken on top of the toast in the dish, pour piping hot cheese sauce over top of chicken and garnish with two slices of grilled tomato on top of cheese. Serve at once underlining shirred egg dish with tea plate. No additional service plate is needed for this entree as it is eaten directly from shirred egg dish. Tomatoes must not be placed on top of cheese sauce until waiter is ready to take order to patron. See instructions for grilled tomato.

TURKEY SALAD

|                                     |                             |
|-------------------------------------|-----------------------------|
| 4 cups diced boiled turkey          | 1 tablespoon capers         |
| 2 tablespoons cider vinegar         | 5 hard-boiled eggs, chopped |
| 10 single stalks of celery, chopped | 1 cup mayonnaise            |
| 2 tablespoons oil                   | 1 pimento                   |

Remove meat from turkey, and dice the meat and the celery in 1/4-inch pieces. Season with salt and white pepper, and moisten lightly with cider vinegar and oil. Let stand for 5 minutes, pour off vinegar, and add chopped eggs and mayonnaise and mix.

ROAST YOUNG TURKEY. DRESSING. CRANBERRY SAUCE

Clean turkey, remove pin feathers, and carefully wash before stuffing. Turkey must be stuffed before roasting and tied well to prevent dressing from falling out while roasting. Place turkey in roasting pan, season with salt and pepper, and add a bouquet of vegetables. Pour clear meat drippings over top of each turkey. The breast should always be placed down in the pan in order to retain moisture in the breast meat, and the turkey should be basted frequently while roasting. Before turkey is done, turn breast side up to brown. After removing turkey from pan, strain surplus fat into a pot, add flour to the browned residue of vegetables and drippings in the pan to make a roux. Add sufficient stock, season with salt and pepper, and let cook for one-half hour. Strain. In carving, remove all dark meat and cut it up, but slice the breast only as ordered. Both varieties of meat should be served in each portion. See recipe for dressing.

Service - Place a generous basting spoon of dressing on hot medium platter, arrange dark meat on top of the dressing, and cover with giblet gravy. Then place the white slices on top of the gravy. Garnish with a sprig of parsley and use a hot dinner plate for service. Cranberry sauce to be served in a sauce dish on the side.

TURKEY CUTLETS. CREAM SAUCE - 20 cutlets, 10 portions

|                                 |                                      |
|---------------------------------|--------------------------------------|
| 3-1/2 cups cooked ground turkey | 1 cup finely diced celery            |
| 1 cup finely diced onions       | 1 cup clarified turkey fat or butter |
| 1 cup finely diced mushrooms    | 1/2 cup finely diced pimento         |
| 3 egg yolks                     | 1 cup flour                          |
| Dash of nutmeg                  | Celery salt, salt, white pepper      |

Braise celery, onions, and mushrooms slowly in the clarified turkey fat or butter until soft. Add enough flour to make a stiff roux. Season with celery salt, salt, white pepper, and a dash of nutmeg. Add enough boiling turkey stock to make a thick paste, let cook for five or six minutes, then fold in the ground turkey meat and the pimentos. Mix thoroughly and finally add the beaten egg yolks. Then shape into cutlets and set aside for later cooking. Before frying, dredge cutlets with flour, dip in egg wash, then into cracker meal, or bread crumbs. Fry in very hot deep grease until golden brown.

Service - Serve 2 cutlets on bed of cream sauce on hot dinner plate, with triangular piece of freshly made toast on side of cutlet. Garnish with sprig of parsley.

SLICED TURKEY WITH ASPARAGUS SPEARS, AU GRATIN - Boil turkey for this entree and for turkey salad.

Following for 5 portions but one (1) turkey will, of course, make more than 5 portions.

|                                                   |                           |
|---------------------------------------------------|---------------------------|
| 1 turkey (boiled) breast and legs thinly sliced   | 1 quart of turkey fricas- |
| 20 asparagus spears (canned) four to each portion | see sauce, well-seasoned  |
| 2½ kitchenspoons grated American cheese           | and very hot.             |
|                                                   | Melted butter             |
|                                                   | Bread crumbs              |
|                                                   | Paprika                   |

Heat the sliced turkey in a little well-seasoned turkey broth, and when very hot, drain off the broth. Place sliced turkey, light and dark meat, in five casseroles; on top of the turkey place four asparagus spears. Pour over each portion enough fricassee sauce to fill casserole within one-half inch of top. Sprinkle generously with grated cheese and a few bread crumbs, a few drops of melted butter, and a dash of paprika. Bake in a moderately hot oven until a nice golden brown color. Serve very hot. See recipe for fricassee sauce.

TURKEY, A LA KING, ON TOAST, EN CASSOLETTE

Boil turkey for turkey salad and turkey a la king. (Save stock)

|                                       |                               |
|---------------------------------------|-------------------------------|
| ¾ cups clarified turkey fat or butter | 1/2 cup diced green peppers   |
| ¾ lb. fresh mushrooms                 | 6 cups cooked turkey, equal   |
| 1/2 cup diced pimento                 | amount white and dark meat,   |
| 2 quarts cream sauce                  | flaked in 1-inch thin squares |
| 1 cup cream                           | 2 tablespoons sherry wine     |
| Turkey stock                          | 6 egg yolks                   |

Peel caps and remove thin slice from bottom of stem of fresh mushrooms and slice. Braise diced green pepper and sliced fresh mushrooms in fat or butter until tender but not brown. Add to this the turkey. Heat thoroughly. In separate saucepan prepare rich cream sauce, using half-milk and half-cream and turkey stock seasoned with celery salt, salt and white pepper. Remove from direct fire and add 6 egg yolks beaten into the cup of cream. Return sauce to fire and let simmer slowly for a couple of minutes; then add it to the turkey, mushrooms, and green peppers. Mix carefully and add diced pimentos and sherry wine. Caution - Do not permit to boil after adding wine.

Service - Serve in large hot shirred egg dish on fresh toast. Underline with tea plate. Just before serving, garnish with two thin strips pimento crossed over top, and sprinkle lightly with paprika. Hot dinner plate for service.

BEEFSTEAK AND MUSHROOM PIE, EN CASSEROLE. (10 portions - Use butt or flank)

|                                       |                        |
|---------------------------------------|------------------------|
| 5 lbs. of meat (cut in 1½ inch pieces | 1 cup flour            |
| ½ cup of fat                          | 2 cups stewed tomatoes |
| 3 onions                              | 1 bay leaf             |
| 3 carrots                             | 4 allspice             |
| 3 outside stalks of celery)           | 2 quarts of water      |

Trim surplus fat off meat, season with salt, pepper. Heat the fat in saute pan. Add the meat, sear and brown well. When properly browned, remove meat. Let meat juice which has cooked out of meat reduce, until fat is clear, then add onions, carrots, and outside stalks of celery. Braise vegetables until of good color, dust with flour, add water. Let come to boil stirring well, now place the meat back into the sauce, cover pan and braise over a slow fire until the meat is done. Remove meat only, to a clean saucepan, add the sauteed mushrooms, strain the gravy over, mix well and let come once more to a boil.

Preparation of Mushrooms:

1½ lbs. fresh stems and heads sliced. Melt 2 tablespoons of butter, add mushrooms and saute 10 minutes. Place 4 pieces of meat in casserole, add sufficient mushrooms and sauce. Cover with pie paste in which 2 to 3 cuts have been made to let steam escape, brush with egg wash and bake in oven until crust is done and brown.

BRAISED BEEF STEW WITH VEGETABLES, EN CASSEROLE - 12 portions

|                             |                                   |
|-----------------------------|-----------------------------------|
| 5 lbs. lean, trimmed beef   | 2 cups stewed tomatoes            |
| 1 cup flour                 | 2 cups boiled, diced potatoes     |
| 2 quarts stock              | 3 onions                          |
| Salt, white pepper to taste | 3 carrots                         |
| 1½ cup fat                  | 3 outside stalks of celery, diced |

Use raw beef cut into 1-inch pieces. Place in pot with sufficient grease to start the moisture from the meat, and add carrots, celery and onions. Cook until slightly browned; then add flour for roux. Cook for a few minutes until flour is thoroughly absorbed. Then add tomatoes and stock, and let simmer until tender. Season with salt and white pepper, add the potatoes, and simmer for a few minutes. Put one kitchen spoon green peas over top of stew in casserole just before serving and sprinkle with chopped parsley.

Service - Serve in casserole underlined with tea plate. Use a hot dinner plate for service.

BOILED CORNED BEEF WITH NEW GREEN CABBAGE

Wash off the brine, place meat in cold water (no salt) and cook slowly until tender. Corned beef should be allowed to cool in stock in which it was cooked to prevent dryness.

Cabbage - Remove the dry outside leaves, cut head into four to six pieces, remove core, wash well, cook in the broth in which corned beef was cooked.

Service - Place cabbage on service plate with slices of corned beef over top. One vegetable on service plate, other in side dish.

MEATS - BEEF, CORNED BEEF (Hot - Cold) (Continued)

BRAISED BEEF TIPS WITH NOODLES, EN CASSEROLE - 15 -17 Servings.

5 lbs. Beef Round or Butt. Trim off excess fat, cut in half-inch squares, and saute until brown. Dredge with flour and put in oven until flour is browned. Add soup stock, three large minced onions, and simmer until tender and gravy is slightly thickened. Add enough tomato sauce to color. Season well with salt and pepper.

Cook noodles separately, in salted water until done but not mushy, and remove to steam table crock. Add a little butter.

Fill casserole 2/3 full of noodles and cover with meat and gravy. A little chopped parsley on top at time of service. Serve piping hot.



BRAISED SHORT RIBS OF BEEF - 7 portions

|                          |                    |                              |
|--------------------------|--------------------|------------------------------|
| 5 lbs. short ribs        | 1/2 cup fat        | 3 onions, sliced             |
| 4 celery stalks, chopped | 4 carrots, chopped | 4 whole allspice             |
| 2 bay leaves             | 1 clove garlic     | 1/2 cup flour                |
| 1 cup peeled tomatoes    | 1 quart stock      | Salt, white pepper, to taste |

Trim and remove excess fat from short ribs. Cut into portion size, and tie with twine. Place in roasting pan with vegetables, spices, and crushed garlic. Braise slowly in oven until 3/4 done. Remove meat, skim off excess fat, add flour to make a roux, and cook for 5 or 6 minutes. Then add tomatoes and stock. Replace meat in pan, and finish cooking in gravy until done. Season with salt and white pepper. Strain gravy, and serve over meat.

NEW ENGLAND BOILED DINNER (Corned Beef) - 15 portions

|                               |                         |
|-------------------------------|-------------------------|
| 5 lbs. brisket of corned beef | 4 lbs. boiled salt pork |
| 3 heads cabbage               | 15 carrots              |
| 30 small onions               | 15 potatoes             |
| 15 white turnips              | 1 bunch chopped parsley |
| 15 whole beets                |                         |

Place corned beef in a pot, cover with cold water, and cook until tender. Select small turnips, carrots, potatoes, and pearl onions, and boil with the meat, adding them to the pot just before the meat is tender. Boil the beets separately in some of the stock in which the meat and vegetables were cooked. Cook the cabbage also with the meat, quartering and removing the cores. When vegetables are done, remove them from the pot, and leave the corned beef in the broth.

Service - Place cabbage in the center of hot dinner plate, and lay 2 thin slices of trimmed corned beef and 1 slice of salt pork with the rind removed on top of cabbage. Arrange cooked vegetables around the corned beef in this order: beet, boiled potato, carrot, turnip, and onion, to provide an attractive color effect. Cover all with a spoonful of broth. Be sure to arrange vegetables just as shown above. Serve horseradish on the side in covered mustard cup underlined with AD saucer, mustard spoon, or AD spoon inserted in cup.

COLD SLICED CORNED BEEF, POTATO SALAD, PICKLED BEETS

Line cold medium platter with single, crisp lettuce leaf. Serve liberal portion cold sliced corned beef, and place in center of platter. Mold potato salad in egg cup 1/2 filled and turn out on one end of platter. Cross 2 strips pimento over top. Place 4 slices cold pickled beets on other end of platter, each slice overlapping the other. Garnish with sprig of parsley and slice of dill pickle.

Cold service plate for service. Hot vegetables in side dishes if ordered. Mustard should be placed on table at time of service.

BAKED MEAT LOAF WITH MUSHROOM SAUCE - 18 portions

|                          |                             |
|--------------------------|-----------------------------|
| 4 lbs. ground raw beef   | 2 eggs                      |
| 2 lbs. ground fresh pork | 4 teaspoons of salt         |
| 2 medium onions, minced  | 1 teaspoon sage             |
| 2 cups bread crumbs      | 1 cup chicken or beef broth |

(If no pork is available, use 6 lbs beef)

Beat eggs slightly, add meat and remaining ingredients, and mix thoroughly. Form into loaf shape 4 inches in diameter. Place loaves in greased baking pan, and bake in medium oven for about 2 hours. Cover baking pan during last hour of cooking to conserve moisture.

Service - Serve 2 slices covered with mushroom sauce on hot dinner plate, and garnish with a sprig of parsley.

POT ROAST OF BEEF, BUTTERED NOODLES - 24 portions

|                                 |                              |
|---------------------------------|------------------------------|
| 10 lbs. beef round              | 1 pt. tomatoes               |
| 1 cup carrots, diced            | 1 tablespoon sherry wine     |
| 2 qts. boiling stock            | 1 cup celery, diced          |
| 1 teaspoon Worcestershire sauce | 1/2 cup lard                 |
| 1 cup onions, diced             | Salt, white pepper, to taste |
| 1 cup flour                     |                              |

Use butt or round. Season with salt and white pepper, and brown quickly on all sides in heavy pot with clear beef fat or lard. Add the onions, celery, and carrots, and braise until vegetables are tender. Then add 1 cup of flour to absorb grease in pot, and simmer for 5 minutes. Stir in the stock and the tomatoes, cover the pot, and allow to simmer until meat is tender. When done, remove meat, season gravy with salt, pepper, Worcestershire sauce, and a little sherry wine. Remove the meat, skim off surplus fat from gravy, and strain. Replace meat in gravy, and leave it there until time of service.

Service - Serve on hot service plate with a spoonful of gravy over the meat. Noodles on same plate. Sprig of parsley.

COLD ROAST PRIME RIBS OF BEEF, TOMATO SLICES

On one end of cold platter, place one slice of cold roast beef (not too well done) cut pencil thickness. Place 4 slices tomatoes, each slice overlapping the other, on single crisp lettuce leaf on other end of platter. Garnish with sprig of parsley and half dill pickle cut lengthwise.

COLD SLICED POT ROAST OF BEEF, TOMATO WEDGES

Line cold medium platter with crisp lettuce leaves. Place liberal portion cold sliced pot roast in center cold platter. On one end of platter place 3 tomato wedges. Garnish other end of platter, one slice of pickle, two slices hard cooked egg, sprig parsley. Cold service plate for service. Hot vegetables, if desired, in side dishes.

MEATS - BEEF, CORNED BEEF (Hot - Cold) (Continued)RAGOUT OF BEEF WITH MUSHROOMS (10 portions - Use butt or round)

|                                                    |                        |
|----------------------------------------------------|------------------------|
| 5 lbs. of meat (cut in $1\frac{1}{2}$ inch pieces) | 1 cup flour            |
| $\frac{1}{2}$ cup of fat                           | 2 cups stewed tomatoes |
| 3 onions                                           | 1 bay leaf             |
| 3 carrots                                          | 4 allspice             |
| 3 outside stalks of celery)                        | 2 quarts of water      |
| 1- $\frac{1}{2}$ lbs. fresh mushrooms              |                        |

Trim surplus fat off meat, season with salt, pepper. Heat the fat in saute pan. Add the meat, sear and brown well. When properly browned, remove meat. Let meat juice which has cooked out of meat reduce, until fat is clear, then add onions, carrots, and outside stalks of celery. Braise vegetables until of good color, dust with flour; add water. Let come to boil stirring well, now place the meat back into the sauce, cover pan and braise over a slow fire until meat is done. Remove meat only, to a clean saucepan, add the sauteed mushrooms, strain the gravy over, mix well and let come once more to a boil.

Preparation of Mushrooms, and Service

$1\frac{1}{2}$  lbs. of fresh mushrooms stems and heads sliced. Melt 2 table-spoons of butter, add mushrooms and saute ten minutes. Place 4 pieces of meat in casserole, add sufficient mushrooms and sauce. Sprinkle with chopped parsley just before serving. SERVE PIPING HOT.

ROAST PRIME RIBS OF BEEF

Cook medium rare, cut pencil thickness. If eye of beef is small, cut thicker. Serve on platter.

A.C.L. STEAK PLATTER

The steak should be broiled and served medium rare, unless otherwise ordered. Do not overcook.

The French-fried potatoes are to be cut  $\frac{1}{2}$  inch square, and the length of the potato, with ends squared. On trains where only a few orders are anticipated, they should be cooked to order. For heavy service, it will be permissible to partially cook the potatoes at the beginning of the meal; but in such cases, they should be finished off in the French fryer as ordered, and must be hot, crisp, and thoroughly cooked. Serve a generous portion - about 14 pieces - with each steak.

Serve steak on end of hot medium platter, French-fried potatoes on other end, and garnish well with parsley. Hot breakfast plate for service.

Prepare the mixed green salad as follows:

One medium-large head of lettuce, shredded (not chopped); one medium-size onion, finely shredded; four or five radishes, cut in thin slices; and a little chopped parsley. Mix all together and keep in icebox until needed. This makes six orders. Serve on cold tea plate, and pour a little Hitching Post dressing - about one ounce - over the salad just before serving. Do not prepare too much salad in advance. Be sure to SHAKE DRESSING THOROUGHLY before pouring over salad. If guest requests French dressing instead of Hitching Post dressing, it is to be served.

Serve assorted bread or muffins on separate tea plate.

CHOPPED SIRLOIN STEAK, FRIED ONIONS - 3 portions for each pound ground beef

To three pounds of ground beef, add one cup bread crumbs, 2 raw whole eggs, salt and white pepper. Mold in oval shape, 1/2 inch thick, and score lightly with knife. Fry in shallow clear fat. Serve covered with fried onions.

SALISBURY STEAK WITH FRIED ONIONS - 3 portions for each pound ground beef.

To three pounds of ground beef, add one cup bread crumbs, 2 raw whole eggs, salt and white pepper. Mold in oval shape, 1/2 inch thick, and score lightly with knife. Fry in shallow clear fat. Serve with fried onions.

Service - On dinner plate, garnish with sprig of parsley.

SALISBURY STEAK, TOMATO SAUCE - 9 portions

3 lbs. ground beef  
2 eggs

1 cup bread crumbs

Combine the ground beef, bread crumbs, raw whole eggs, salt, and white pepper. Blend thoroughly, mold in oval shape 1/2 inch thick, score lightly with knife, and fry in shallow clear fat.

Service - Place salisbury steak on hot service plate set in tomato sauce. Do not pour tomato sauce over salisbury steak. See recipe for tomato sauce.

SMOTHERED SWISS STEAK

1 round of beef, about 28 lbs.  
3 cups onions, chopped  
2 cups celery, chopped  
3 qts. stock

2 cups fat  
2 cups carrots, chopped  
3 qts. tomato sauce  
Salt, white pepper to taste

(46 steaks)

Use round of beef. Carefully trim out the different cell divisions, and save the trimmings for use in other recipes. Cut the remaining lean portions of meat in slices weighing about 6 ounces each. Season each steak with salt and pepper, score meat with knife on both sides, roll in flour, brown quickly on both sides in small amount of clear grease, and arrange the steaks after browning in a roasting pan. Sprinkle with finely chopped onions, carrots, and celery, and some of the grease in which they were browned. Allow to braise until vegetables are tender; then add stock and tomato sauce. Cook until done; this will take considerable time or they will not be tender. Season to taste. Serve from the pan with the sauce in which steaks were cooked.

Service - Serve on hot dinner plate sprinkled with chopped parsley and garnished with sprig of parsley.

CALF'S LIVER, SAUTE WITH BACON STRIPS - 4 orders per pound

Cook to order only. Remove skin from liver and cut from thin end. Season with salt and white pepper; then dredge lightly in flour and saute slowly in clean grease. Liver must not be cooked too fast or over too hot a fire, or it will become tough. Serve on piece of toast on hot service plate with two strips bacon crossed on top of liver. Garnish with sprig of parsley.

MEATS - LAMB (Hot and Cold)

ROAST LEG OF SPRING LAMB, HITCHING POST MINT SYRUP - 24 to 26 portions.

|                          |                                 |
|--------------------------|---------------------------------|
| 2 lamb legs, 6 to 8 lbs. | Salt and white pepper to taste  |
| 2 cups vegetable bouquet | 4 oz. fat                       |
| Pinch rosemary leaves    | 1 tablespoon Worcestshire sauce |
| 3 pints stock            |                                 |

Remove pink outside skin from legs. Remove hip bone, and then bone leg up to hock. Leave hock bone in leg and tie securely. Season lamb legs with salt and pepper, and rub with lard before placing in roasting pan. Place in roasting pan with a bouquet of vegetables - onions, carrots, celery and parsley stems. Sprinkle legs with a pinch of rosemary leaves before roasting. Roast in slow oven. Do not overcook. Baste frequently during the roasting. Serve with a little gravy over lamb.

When lamb is served to guest, place cruet of Hitching Post Mint Syrup on table so that guest may use as desired. (Note: Hitching Post Mint Syrup comes in 6-ounce cruets. Do not stock over 6 to a car at one time. This is an expensive item and is not to be used for crew meals.)

ROAST SHOULDER OF LAMB, HITCHING POST MINT SYRUP -

|                        |                          |
|------------------------|--------------------------|
| 1 lamb shoulder, 7 lbs | 2 celery stalks, chopped |
| 2 carrots, chopped     | 2 quarts stock           |
| 2 oz. fat              | 2 onions, sliced         |

Split under part of shoulder from blade bone to end of second joint, and remove the blade and second joint bone. Roll and tie together, and season with salt and pepper. Place in a roasting pan with onions, carrots, celery and roast to an even brown. Serve with a little gravy over lamb.

Service - Serve on hot dinner plate, and garnish with a sprig of parsley. Place cruet of Hitching Post Mint Syrup on table, to be used by guest as desired.

CURRY OF LAMB WITH STEAMED RICE - 7 portions

|                                                                       |                                     |
|-----------------------------------------------------------------------|-------------------------------------|
| 1 lamb shoulder cut in 1-1/2 inch pieces ( <u>Use shoulder only</u> ) | 2 onions                            |
| 1/2 cup of fat                                                        | 3 outside stalks of celery (sliced) |
| Salt and pepper                                                       | 1 cup of flour                      |
| 1 tablespoon curry powder                                             | 2 quarts of water                   |

Preparation - Season meat with salt and pepper and curry powder. Heat fat in saute pan. Sear and brown meat; remove meat and add onions and celery. Braise 10 minutes; add flour, make roux, cook for 10 minutes and add water. Bring to boil, add meat and cook slowly until tender. Remove meat to a clean jar and strain gravy over.

Service - Serve in casserole. Sprinkle with chopped parsley. Underline casserole with tea plate; hot service plate for service. Steamed rice in baker on side.

LAMB CHOP, MIXED GRILL COMBINATION

frill

1 double-rib lamb chop, broiled, chop/attached. Also, 1 baked tomato, 1 sausage patty, 2 strips bacon, 1 pineapple ring, saute.

GRILLED LAMB CHOPS

2 rib chops to order, with chop frills attached, on platter. Garnish with sprig of parsley.

FRICASSEE OF LAMB WITH DUMPLING - USE SHOULDERS - 24 portions

|                           |                                    |
|---------------------------|------------------------------------|
| 10 lbs. lean trimmed lamb | 3 egg yolks                        |
| 2 cups diced celery       | 3 cups cooked peas                 |
| 2 quarts lamb stock       | 2 cups diced onions                |
| 2 bay leaves              | 1 cup flour                        |
| 2 cups diced carrots      | Celery salt, salt, white pepper to |
| 1 cup fat                 | taste.                             |

Use trimmings of lamb or shoulder. Remove all bones and surplus fat. Cut in 1-inch pieces. Place in pot, cover with cold water, add bay leaves, and bring to a boil. Remove from fire, and wash off meat. Place lamb back in clean pot, and cover with water. Add diced carrots, onions, and celery. When meat and vegetables are tender but firm, strain off the broth and thicken with a roux made of 1 cup of clarified fat or butter and 1 cup of flour. Cook 5 to 6 minutes, and add 3 beaten egg yolks. Stir the egg yolks in well, but do not allow the sauce to boil after they are added. Sauce should be thick enough to adhere to the meat. Add meat and vegetables to the sauce, and simmer for a few minutes.

See dumpling recipe under Breads.

Service - Serve in casserole with dumpling on top. Pour some of the roux over dumpling and sprinkle with chopped parsley. Underline casserole with tea plate and use hot dinner plate for service.

SLICED COLD LAMB, POTATO SALAD, TOMATO SLICES

Line cold medium platter with crisp lettuce leaves. Serve liberal portion cold sliced lamb in center of cold platter. Mold potato salad in egg cup 1/2 filled, on one end of platter. 3 slices of tomato, each slice overlapping the other, on the other end of platter. Garnish - one slice pickle, one slice hard-cooked egg, sprig parsley. Cold service plate.



IRISH LAMB STEW, EN CASSEROLE - 7 portions

|                                                                  |                                            |
|------------------------------------------------------------------|--------------------------------------------|
| 1 lamb shoulder cut in $1\frac{1}{2}$ inch pieces                | 2 cups of raw peeled potatoes              |
| 1 quart jar full of small onions, peeled                         | cut in $1/2$ inch dice                     |
| $1\frac{1}{2}$ cup of carrots, peeled, cut in $1/2$ inch dice    | $1/2$ cup of finely chopped washed parsley |
| $1\frac{1}{2}$ cups of celery, scraped, cut in $1/2$ inch pieces | Seasoning of pepper                        |
|                                                                  | 1 cup of flour mixed with cold water       |

Place meat into cold water, let come to boil, remove from fire, pour into colander and rinse. Place meat back into saucepan, cover with boiling water, season with salt and pepper. Add onions, carrots and celery and cook over a slow fire until nearly done. Add raw potatoes and finish cooking. When meat and vegetables are well done, add strained mixture of flour and water, stirring, so that sauce will not be lumpy. Allow to cook for about ten minutes. In the casserole place 4 pieces of meat, 3 onions and sufficient of the rest of the vegetables with plenty of sauce. Sprinkle with parsley. Then serve boiling hot in covered casserole.

POTTED LAMB EN CASSEROLE - 16 portions

|                                      |                           |
|--------------------------------------|---------------------------|
| 2 shoulders lamb (each about 8 lbs.) | 1 quart tomatoes          |
| $1/2$ cup fat                        | 2 cloves garlic           |
| 1 cup chopped carrots                | 2 bay leaves              |
| 2 cups chopped onions                | 4 allspice                |
| 1 cup chopped celery                 | $1/2$ cup chopped parsley |
| $1-1/2$ cups flour                   | salt and pepper, to taste |
| 3 quarts stock                       |                           |

Cut shoulders into portion size, 8 portions to each shoulder. Tie each portion with twine, rub with garlic, discard the garlic, season with salt and white pepper and brown well in heated fat. Remove lamb after browning, and in same fat, saute vegetables and spices for 10 minutes. Add the flour, and brown lightly. Replace meat in pan, add stock and tomatoes. Stir well, season to taste, and cook until done. When done, remove meat to another pan and strain the gravy over it.

Service - Remove twine from meat and place one portion in casserole. Cover with gravy and sprinkle with chopped parsley. Underline casserole with tea plate. Hot dinner plate for service.

ROAST LEG OF VEAL, DRESSING, BROWN GRAVY -(Save bones and scraps for stock)

Bone veal legs, tie securely, and roast. Make gravy out of the veal drippings in this manner: Cover veal in roasting pan with liberal amount of lard or fat poured over, season with salt and white pepper and add a bouquet of vegetables. Add stock while roasting to keep veal moist and prevent scorching. Remove from pan when done, and prepare gravy in pan in which roasted. Season to taste. Add a tablespoon of Worcestershire sauce. See recipe for dressing.

Service - On hot dinner plate, portion of dressing in center of plate, freshly cut roast over. Do not cover roast with gravy, but pour it around sides of plate so as to permit clear view of roast. Garnish with sprig of parsley. No chopped parsley to be sprinkled over roast.

BREADED VEAL CUTLET

An average leg of veal of 20 pounds should give 34 cutlets, plus 3 pounds of trimmings. Leg should be divided into 3 cushions, then cut each cushion against the grain into cutlets. Careful refrigeration of veal is most imperative as its keeping qualities are limited. In ordering, stewards and chefs should be guided by the above standard that 34 cutlets must be obtained from each leg, and they should not over-stock.

Cut 1/4-inch thick, flatten slightly with cleaver and nick edges to prevent curling. Season with salt and white pepper, roll in flour, dip in egg wash then in cracker meal. Fry in frying pan with lard or oil which must be to the smoking point before placing cutlet in pan. Care must be taken when frying cutlet not to scorch or permit breading to become soaked with grease.

BREADED VEAL CUTLET, MILANAISE

Divide a leg of veal into 3 cushions; then cut each cushion against the grain into cutlets about 1/4-inch thick. Shape slightly with cleaver, season with salt and pepper, dip in flour, egg wash, and bread crumbs, fry in frying pan, in fat, until done. Then remove, place into towel to remove surplus fat, serve hot. Serve on hot service plate and place 1 kitchen spoon spaghetti covered with Kitchen Craft spaghetti sauce on same service plate. Garnish with parsley. Serve ramekin of Parmesan cheese on side. Serve one of two vegetables in side dish.

CURRY OF VEAL, EN CASSEROLE + 10 portions

|                                           |                            |          |
|-------------------------------------------|----------------------------|----------|
| Use shoulder or trimmings of leg          | 3 onions                   | ) Sliced |
| 5 lbs. of meat cut into 1 1/2 inch pieces | 3 outside stalks of celery |          |
| 1/2 cup of fat                            | 1 cup of flour             |          |
| Salt                                      | 2 quarts of water          |          |
| 1 tablespoon curry powder                 |                            |          |

Season meat with salt and curry powder. Heat fat in saucepan, sear and brown meat. Remove meat and add onions and celery. Braise 10 minutes, add flour, make roux, cook 10 minutes and add water. Bring to boil, add meat and cook slowly until tender. Remove meat to a clean jar and strain gravy over. Serve in casserole, covered, underline with tea plate.

INDIVIDUAL VEAL AND HAM PIE - EN CASSEROLE

Preparation of Veal - Use breast, shoulder or trimmings of leg. Place 5 lbs meat boned, and cut in  $1\frac{1}{2}$  inch pieces into saucepan, cover with boiling water and bring to boil, then remove to colander and rinse. Place meat back into saucepan, cover with boiling salted water. Add 2 carrots, 2 onions, 2 outside stalks of celery, 1 bay leaf, and cook over slow fire until done.

Preparation of Ham - Cut cold boiled lean ham into  $1/2$  inch dice and heat in a little stock.

Vegetables for Pie - Carrots scooped out with Parisienne cutter and boiled in salted water; very small boiling onions, (Use canned white onions) cooked whole in salted water; potatoes scooped out with Parisienne cutter and boiled in salted water.

Sauce - (Makes  $1/2$  gallon). Make a roux from a half cup of fat and 1 cup flour, and let roux cook for 10 minutes. Add strained boiling veal broth ( $1\frac{1}{2}$  quarts) beating all the time to prevent lumps. Cook sauce for at least 15 minutes, then add 1 cup of cream and 2 egg yolks well beaten, bring to boil once more and strain into bain marie and add juice of 1 lemon.

For one pie, place 3 pieces of veal and 3 pieces of ham into casserole, add 3 onions, 3 Parisienne carrots, 3 Parisienne potatoes, and cover with sauce. Cover with pie paste in which 2 or 3 cuts have been made to allow steam to escape. Brush with egg wash and bake until crust is done and of good brown color. Underline with tea plate. Breakfast plate for service.

RAGOUT OF VEAL WITH MUSHROOMS - 10 portions

Use trimmings of leg. Serve in casserole, underlined with tea plate. Hot service plate for service.

|                                                   |                           |
|---------------------------------------------------|---------------------------|
| 5 lbs of meat (cut in $1\frac{1}{2}$ inch pieces) | 1 clove garlic            |
| $1/2$ cup shortening                              | 2 cups of stewed tomatoes |
| 2 outside celery )                                | 2 quarts of water         |
| 2 carrots ) Sliced                                | 1 bay leaf                |
| 2 onions )                                        |                           |

Preparation: Season meat with salt and pepper. Heat the shortening in saute pan, fry garlic until brown, then remove. Add meat and saute until well browned. Remove meat and add vegetables (carrots, onions, celery and bay leaf). Braise vegetables for 10 minutes, dust with flour, make a roux and brown. Add stewed tomatoes, the meat and water. Cover and braise over a slow fire until done. When done remove the meat and strain the gravy over.

Preparation of mushrooms:  $1\frac{1}{2}$  lbs. fresh mushrooms (stems and heads, sliced). Melt 2 tablespoons of butter and saute mushrooms for 10 minutes. Add mushrooms to gravy.

FRICASSEE OF VEAL, STEAMED RICE - 10 portions

Use shoulder or trimming of leg.  
5 lbs. of meat, boned and cut in  $1\frac{1}{2}$   
inch pieces  
2 onions  
2 carrots

2 outside stalks celery  
1 bay leaf  
Seasoning of salt in one cup cream  
Juice of 1 lemon and 2 egg yolks

Preparation: Place meat into saucepan, cover with boiling water and bring to boil, then remove to colander and rinse. Place meat back into saucepan, cover with boiling salted water. Add carrots, onions, outside stalks of celery, bay leaf and cook over slow fire until done.

Remove meat to a clean bain marie and add some of the strained veal broth, then keep hot for service.

Preparation of sauce: (Makes  $1\frac{1}{2}$  gallon) Make a roux from a half cup of fat and 1 cup of flour, let roux cook for 10 minutes. Add the strained boiling veal broth ( $1\frac{1}{2}$  quarts) beating all the time to prevent lumps. Cook sauce at least 15 minutes, then add 1 cup of cream, and egg yolks well beaten, bring to boil once more and strain through china cap into bain marie and add lemon juice. Place 4 pieces of meat into casserole, cover with sauce and sprinkle with chopped parsley. Cover casserole and underline with tea plate.

Mold hot steamed rice in demi tasse cup and turn out on hot service plate.

PORK CHOPS, SAUTE, WITH FRIED APPLES

On most trains cut pork chops will be furnished at Washington. On trains where cut chops are not furnished, note following:

Remove chine bone and excess fat from pork loin, and cut into chops, 4 chops to the pound. Season chops with salt and white pepper, dredge with flour, and fry in oil or lard until brown on both sides. Then reduce heat and cook slowly until done.

Service - Serve on hot medium platter with bone end of each chop resting on a triangular piece of toast and garnish with sprig of parsley. Fried apples on one end of platter.

BAKED STUFFED PORK CHOP - Order cut chops from Washington.

Serve 1 chop to each order, each chop to be cut 1½ inches thick - no thinner. About 18 chops per 10-pound loin.

Cut chop 1-1/2 inches thick, cut pocket in chop and stuff with well-seasoned dressing. Dust with flour. Bake in oven until tender. Bring up natural gravy, thicken, and smother chops a few minutes before removing from oven. Serve one chop with gravy over, sprinkle with chopped parsley.

Pork dressing - Use dry bread if possible. Cut off all crust from loaf bread. Break up and sprinkle with cold water. Mince 2 onions, 2 outside stalks celery very fine and braise in a little fat until onions are soft but not browned. Next, add onions and celery, one teaspoonful of ground sage, salt, pepper, two teaspoons of chopped parsley and two eggs. Mix well. Then stuff chops.

ROAST LOIN OF PORK, APPLE SAUCE - 14 to 16 portions

|                             |                             |
|-----------------------------|-----------------------------|
| 1 pork loin, 8 to 10 pounds | 2 chopped celery stalks     |
| 2 quarts stock              | Chopped parsley stems       |
| 2 chopped onions            | 1 cup flour                 |
| 2 chopped carrots           | Salt, white pepper to taste |

Remove chine bone, cut loin in two, place in roasting pan, season with salt and pepper, and add the vegetables and a cup of stock. Roast at a low temperature, and baste frequently. Cook well done, but not too dry. Remove from pan, pour off surplus fat, add flour to absorb fat left in the pan and make a roux. Add enough stock for gravy, which should be of medium consistency. Cook for one-half hour; season with salt and white pepper, and strain.

Service - Serve on hot dinner plate with gravy poured around, not over, the meat. Garnish with sprig of parsley. Serve Apple Sauce in sauce dish.

BAKED PORK CHOPS, NOODLES CREOLE - 6 portions

12 pork chops (4 chops to pound)  
1 quart cooked noodles (sauteed  
in butter after being boiled)

1/2 pint Creole Sauce  
Chopped parsley

Season pork chops well with salt and pepper on both sides, pass lightly in flour and fry in clean, very hot, shallow fat until of good color and well done. Place them in small baking pan, sprinkle a little melted butter and one or two kitchen-spoonfuls of water over them. Then in oven for about 15 or 20 minutes, basting occasionally to keep them moist. Combine sauteed noodles with Creole Sauce in small saucepan; place on range and let get very hot.

Service: Two (2) pork chops on very hot service plate, kitchen-spoonful of Noodles Creole alongside; a sprinkling of chopped parsley over the noodles.

BAKED FRESH HAM, APPLE SAUCE - 18 to 20 portions

1 fresh ham, 11 to 13 lbs.  
1/2 cup flour  
2 quarts stock

2 onions, 2 carrots, 2 celery stalks,  
chopped  
1 cup stewed tomatoes  
Salt, white pepper to taste

Scrape the ham clean with a sharp knife, and remove all bristles. Score the skin to resemble a checker board. Season with salt and white pepper, and place in a roasting pan on a bed of vegetables. While roasting, add one cup of stock, and baste frequently. When done, remove ham from the pan, pour off most of the fat, set pan on the range, and dust the vegetables with 1/2 cup of flour. When vegetables are well browned, add the stock and stewed tomatoes, bring to a boil, and cook slowly for 30 minutes. Season with salt and white pepper, and strain. Use this gravy for fresh ham.

Service - Serve on hot dinner plate with the gravy poured around the meat, and garnish with a sprig of parsley.

Apple sauce on side in sauce dish.

PORK TENDERLOIN SAUTE, APPLE SAUCE

Trim off outside membrane and cut tenderloin crosswise in four pieces. Flatten each piece with cleaver. Serve two pieces to order (2 orders per tenderloin.) Season with salt and white pepper, dredge with flour, dip in egg wash, and then roll in bread crumbs. Fry in lard or oil until well done. Do not burn.

Service - Serve on hot service plate, garnish plate with sprig parsley. Serve Apple Sauce in sauce dish.

SAUSAGE

Use links only - 14 to 16 per pound. Serve 3 sausage links with Club Breakfast orders, or with eggs a la carte.

A la carte orders - serve 6 links on hot medium platter with toast strips between each link. Garnish platter with sprig of parsley.



BOILED SPARERIBS WITH SAUERKRAUT - 16 portions

12 lbs. spareribs  
2 minced onions  
2 qts. sauerkraut

2 whole cloves  
2 oz. butter  
Salt, white pepper, to taste

Cut strip in two lengthwise, and then cut in pieces containing 2 or 3 ribs to each piece. Place in pot, cover with cold water, and bring to boiling point. Remove from fire and drain. Wash off the spareribs, and place in a clean pot. Add just enough water to cover and boil until about 3/4 done; then cover the spareribs with sauerkraut, adding whole cloves and finely minced onions which have been previously braised in butter until tender. Cover and let simmer until meat comes loose from bones. Season with salt and white pepper.

Service - Place 1 basting spoon of sauerkraut on hot service plate, and arrange the spareribs over the sauerkraut. Sprinkle with chopped parsley and a spoonful of the broth in which the spareribs were cooked.

ATLANTIC COAST LINE RAILROAD COMPANY  
DINING CAR DEPARTMENT  
WASHINGTON, D. C.

October 12, 1956  
904  
1805

STEWARDS AND CHEFS:

In bulletins of March 2 and September 18, 1956, I stressed the absolute necessity of cooking hams well done. Checks have determined that hams are being under cooked in some cases, and, furthermore, recipe on page 33 of recipe book for baked ham is not being followed by a number of chefs.

Recipe reads as follows:

Baked Sugar Cured Ham, Pineapple Ring

1 boiled smoked ham - skin removed and trimmed of surplus fat, then scored.

1 cupful of bread crumbs  
1 teaspoonful dry mustard

1 cupful of brown sugar  
1 can sliced pineapple

Mix bread crumbs, sugar, and mustard well and sprinkle generously over entire surface of ham. Place ham in roasting pan and pour juice of pineapple around it, but not on the top. Put ham in medium hot oven and allow it to bake until golden brown and heated through. This will take about one hour. After the bread crumbs, sugar, and mustard have formed a good crust on the ham, baste occasionally with the pineapple juice. Make sauce out of the drippings and pineapple juice. Glaze the pineapple separately, and serve ring to each order.

Your attention is called to the fact that hams must be boiled from 2 to 2 1/2 hours, depending upon size, before they are placed in the oven for baking, which requires another hour.

Some chefs are not boiling the hams first, but are placing directly in the oven. Such practices must stop. Hams must be boiled first, then recipe followed as outlined above. This is a serious matter and I have previously pointed out to you that a ham not cooked well done may cause illness.

Stewards and chefs must give this matter their personal attention. Continuing inspections will be made of hams to determine that they are cooked according to instructions and I hope disciplinary action will not become necessary to insure compliance.

J. B. MASHBURN  
Superintendent Dining Cars

MEATS - HAM (Hot - Cold)

BAKED SUGAR CURED HAM - PINEAPPLE RING

- 1 smoked ham, boiled from 2 to 2 1/2 hours depending on size -  
skin removed and trimmed of surplus fat, then scored.
- 1 cupful of bread crumbs                      1 cupful of brown sugar
- 1 teaspoonful dry mustard                      1 can sliced pineapple

Mix bread crumbs, sugar, and mustard well and sprinkle generously over entire surface of ham. Place boiled ham in roasting pan and pour juice of pineapple around it, but not on the top. Put boiled ham in medium hot oven and allow it to bake until golden brown and heated through. This will take about one hour. After the bread crumbs, sugar, and mustard have formed a good crust on the ham, baste occasionally with the pineapple juice. Make sauce out of the drippings and pineapple juice. Glaze the pineapple separately, and serve ring to each other, see page 54-A.

Service - On dinner plate.

SLICED SUGAR CURED HAM, BAKED TOMATO, PINEAPPLE RING

Use single slice 4 oz. Ham. Be sure to select single slice. Do not use the 4 oz. ham which is composed of two pieces for this service. Do not overcook.

BAKED TOMATO

Select medium sized tomatoes for baking, serve one whole tomato to each order.

PINEAPPLE RING

Glaze pineapple rings, see page 54-A.

Service - Place 4 oz. portion of ham on one edge of hot service plate. Place one medium sized baked tomato on one side of plate and one ring glazed pineapple on other side of plate. Garnish with sprig of parsley.

FRIED SLICE SUGAR CURED HAM, GRILLED TOMATO, PINEAPPLE RING

Use single slice 4 oz. ham. Be sure to select a single slice. Do not use the 4 oz. ham which is composed of two pieces for this service. Do Not Overcook.

GRILLED TOMATO - 1 to order.

Cut medium sized tomato in half. Season with salt and pepper, sprinkle with bread crumbs and a little butter. Arrange in pan, place in hot oven until brown.

See page 54-A for pineapple ring and serve as shown above.

GRILLED HAM STEAK, PINEAPPLE RING

Ham steaks will be furnished you cut in 8-ounce portions. Serve one steak to each order. Order from Washington.

Serve on hot medium platter with one glazed pineapple ring on one end of platter. Sprig of Parsley. Hot service plate for service.

CREAMED HAM AND CHICKEN ON TOAST, EN CASSOLETTE - 32 portions

|                               |                                    |
|-------------------------------|------------------------------------|
| 3/4 cup clarified chicken fat | 1/2 cup diced green pepper         |
| 1 can mushrooms               | 3 cups diced cooked boiled chicken |
| 1/2 cup diced tomatoes        | 3 cups diced cooked ham            |
| 2 quarts cream sauce          | 2 tablespoons sherry wine          |
| 1 cup cream                   | 4 egg yolks                        |

Braise diced green peppers and sliced mushrooms in clarified fat or butter until tender but not brown. Add to this an equal amount of white and dark meat of chicken flaked into thin 1-inch squares and diced ham. Heat thoroughly. In separate saucepan make rich cream sauce using half milk and half cream and the stock seasoned with celery salt, and white pepper. Remove from direct fire, and add 4 egg yolks beaten with a cup of cream. Let sauce simmer slowly for a couple of minutes; then add it to the chicken, braised mushrooms, and green peppers. Mix carefully and add 2 small diced pimentos and 2 tablespoons of sherry wine. Caution - Do not permit to boil after adding wine.

Service - Serve in shirred egg dish on toast underlined with tea plate, garnished with 2 thin strips of pimento crosswise on top, and sprinkled lightly with paprika.

COLD SLICED HAM AND CHICKEN, POTATO SALAD, TOMATO SLICES

Place one slice boiled or baked ham and liberal portion sliced chicken in center of cold medium platter. Mold 1/2 egg cup potato salad and turn out on crisp lettuce leaf on one end of platter, decorating with 2 thin strips of pimento crossed over top of salad. Place 2 slices tomatoes on crisp lettuce leaf on other end of platter. Garnish with sprig of parsley and slice of dill pickle.

COLD PLATTER - HAM AND CHICKEN, POTATO SALAD, COLE SLAW

Place one slice boiled or baked ham and liberal portion sliced chicken in center of cold medium platter. Mold 1/2 egg cup potato salad and turn out on crisp lettuce leaf on one end of platter, decorating with 2 thin strips of pimento crossed over top of salad. Place cole slaw on crisp lettuce leaf on other end of platter. Garnish with sprig of parsley and slice of dill pickle.

Cold service plate for service.

BREAKFAST

Ham - half portion - 1 - 4 ounce slice  
Ham - full portion - 2 - 4 ounce slices

TENDERLIZED HAM LOAF - 40 portions

10 lbs. ground ham (scraps from hock and shank, free from gristle and fat)  
5 cups bread crumbs  
2 cups finely chopped onions  
1 cup finely chopped pimento  
5 eggs  
2 tablespoons salt  
1 tablespoon white pepper  
1 tablespoon powdered sage  
2 cups stock

Saute onions and green peppers until tender but not brown. Add the pimento, and cook slowly for 2 minutes. Drain off surplus fat, and mix with the ground ham. Beat the eggs lightly and combine with the ham, bread crumbs, and seasoning. Mix thoroughly, working the stock in gradually until mixture is of proper consistency. Shape into loaves about 4 inches in diameter and 10 inches long. Place each loaf on waxed paper or greased brown paper. Bake in greased baking pan in moderate oven about 1-1/2 hours. As cooking progresses and in order to prevent paper from burning and provide enough moisture, add a little stock to the pan and cover.

Service - Cut ham in 1/2 inch slices and serve two slices on hot dinner plate.

Too little attention is paid to the preparation, service and seasoning of vegetables. All vegetables should be thoroughly washed in cold water before cooking. This is important, as vegetables while they are growing, come in contact with fertilizers and sprays used against insects.

Use only as much water in cooking as is absolutely necessary to prevent burning, so that vegetables will absorb all the moisture and help prevent their valuable mineral salts and vitamins from escaping. Cooking in this manner also helps vegetables to retain their color and taste.

Cook vegetables in as short a time as possible, do not over-cook. It is important of course that vegetables are cooked sufficiently so that they are not served half done.

Do not prepare large quantities at one time, but stagger the cooking of vegetables during the meal period so that the late, as well as early dining car patrons, will be served vegetables which are freshly cooked, colorful, and palatable.

Stewards and chefs will be held accountable for the proper preparation and seasoning of all vegetables.

#### FRESH ASPARAGUS, DRAWN BUTTER ( 4 stalks to order)

Wash and scrape stalks. Tie in bunches. Have water boiling and stand bunches upright in water. Boil 15 minutes or until asparagus is done. Do not cook ahead of time but plan to get some done in time for the first sitting and then cook more as needed.

Service - Serve four stalks on toast with little drawn butter over stalks at time of service on hot tea plate or small platter.

#### STRING BEANS

5 lbs. String Beans      1 lb. Salt Pork      Salt and Pepper

Remove ends and strings from beans, wash well, place beans and salt pork in sufficient boiling water to cover them. Cover, and cook for about 30 minutes, or until beans are tender. Just before beans are done, add salt and pepper to taste.

Cook only enough beans for one meal and have them ready just before meal time. If more or less than five pounds of beans are needed, increase or decrease the amount of salt pork in proportion. Do not carry too many on car at one time.

#### HARVARD BEETS

Mix  $1\frac{1}{2}$  cups sugar and  $1\frac{1}{2}$  tablespoons cornstarch. Add  $\frac{3}{4}$  cup beet liquid and  $\frac{3}{4}$  cup vinegar. Boil five minutes. Add seven cups sliced beets and let stand over a low heat 30 minutes. Just before serving bring to boiling point, add 6 tablespoons butter.

ATLANTIC COAST LINE RAILROAD COMPANY  
DINING CAR DEPARTMENT  
JACKSONVILLE, FLORIDA

January 24, 1956  
(Reissued September 25, 1961)

**STEWARDS, WAITERS-IN-CHARGE AND CHEFS:**

String Beans are not being seasoned properly.

When string beans are represented on menu, you should order ham hocks from Jacksonville. If for any reason ham hocks are not available for seasoning, use salt pork.

Cook only enough beans for one meal and have them ready just before meal time.

Your recipe book, page 36, outlines cooking and seasoning of fresh string beans, but as we are now using canned string beans, follow this procedure:

Canned String Beans - approximately 30 portions.

1 No. 10 can      1/2 ham hock or 1/2 lb. salt pork

Pour liquid off No. 10 can of beans into pot. Bring liquid to boil, then add the string beans and 1/2 of a ham hock (if hock is not available, use 1/2 pound salt pork). If liquid in pot does not cover beans, add just sufficient water to cover. Cover and cook for about 50 minutes over a slow fire. Just before beans are done, add about 1 teaspoonful of salt. If salt pork is used, it probably will not be necessary to add salt at all, depending entirely upon how salty the pork is that is used, which must be determined by chef just before beans are done.

It is evident that many stewards and waiters-in-charge are failing to give attention to the proper preparation and seasoning of other food items, as well as string beans. It is their responsibility to work closely with chefs, to taste food being prepared, and to see that tasty, attractive and palatable meals are served our guests.

Stewards, waiters-in-charge and chefs will be held responsible for correct preparation and seasoning of food items, including string beans.

J. B. MASBURN  
Superintendent Dining Cars.



COLLARD GREENS

Use frozen chopped collard greens. Garnish top of greens in baker with one slice hard boiled egg.

CARROTS IN CREAM (Use fresh carrots)

Pare carrots and cut in slices. Let boil until done. Drain and let simmer in cream sauce. Season to taste with salt and white pepper. Serve hot in baker.

GREEN PEAS (Frozen)

Use 40 oz. packages, yield about 20 portions. Chef be sure to season properly with butter, salt and white pepper. Do not overcook or cook too far in advance. Cook several times during meal if necessary.

PEAS (Canned)

Remove peas and liquid from can to saucepan, and heat thoroughly. Season with 1/8 pound butter to each #10 can of peas and with salt and pepper to taste. Prepare only small quantities of peas at a time.

FRENCH FRIED ONIONS

Take large white onion, peel carefully and leave whole. Slice to a thickness of a quarter of an inch. Separate the rings, dip the rings in milk, then in flour, shaking off all surplus flour, and fry in very hot fat. Remove from fat and place on clean towel to dry. French fried onions must not, under any circumstances, be prepared in advance of orders being received.

Service - Liberal portion of French Fried Onions on same platter with steak.

BAKED TOMATO

Select medium sized tomatoes for baking, serve one whole tomato to each order.

GRILLED TOMATO

Cut tomatoes in slices, season with salt and pepper, sprinkle with fresh bread crumbs and a little butter. Arrange on flat pan, place in hot oven until brown.

AMERICAN FRIED POTATOES

Use cold boiled potatoes, sliced thin and seasoned with salt and white pepper. Brown in frying pan, turning several times to insure even browning. Do not burn. Fry as needed. Do not cook too many ahead of time. Serve dressed with butter.

AU GRATIN POTATOES

Use finely diced cold boiled potatoes and small amount of finely diced American cheese. Mix potatoes and cheese with sufficient amount of cream sauce, and season to taste. Place potatoes in baking pan, cover with a thin layer of cream sauce, dust with cracker crumbs, diced or grated American cheese and paprika, dot with butter and brown in hot oven.

Serve in hot baker.

BAKED POTATO

Scrub and wash very clean. Cut off a thin slice from one end, place in baking pan, and bake in medium oven, turning each potato once during baking. Do not grease the skin of baking potatoes prior to baking. A pan of cold water placed in the bottom of the oven will prevent the potatoes from baking too fast. Chefs should bake the potatoes during the meal and in small quantities to insure the serving of baked potatoes that are mealy and hot.

Service - Split skin lengthwise, press ends slightly, and insert one piece of butter. Do not serve any potatoes that show a bad center.

POTATO CROQUETTES

Freshly boiled potatoes, mashed, then add for each quart of potatoes 2 egg yolks, 1 table piece of butter and salt; beat well with spoon until light and fluffy. Now let mixture get cool, form into cone shapes; bread and fry in deep hot grease.

DELMONICO POTATOES

Dice cold boiled potatoes really fine. Add sufficient rich cream sauce. Mix thoroughly. Season with salt and white pepper, place in shallow meat pan, sprinkle with cracker crumbs, dust with paprika, dot with butter and brown in hot oven.

HASHED BROWNED POTATOES

Use finely chopped cold, boiled potatoes, and season with salt and white pepper. Cook in frying pan with small amount of fat, toss over a few times until thoroughly mixed. Brown on the under side, toss over and brown on the other side.

LONG BRANCH POTATOES

Cut raw peeled potatoes into 1/4 inch sticks and fry same as for French Fried. Drain on brown paper.

LYONNAISE POTATOES

Saute finely chopped onions for about 3 minutes; then add thinly sliced or minced cold boiled potatoes, and prepare same as for hashed brown. Sprinkle with chopped parsley at time of service.

O'BRIEN POTATOES

Cut peeled raw potatoes into 1/4 inch dice. Then blanch like for French Fried and brown lightly. In a black frying pan, saute in butter, green pepper, cut into 1/4 inch dice. When peppers are frying, add the potatoes, then fry together for at least 5 minutes. Sprinkle with a little chopped parsley when serving.

OVEN BROWNED POTATOES

Even sized potatoes, peeled, neatly rounded. Then parboiled, drained, placed into baking pan, clean grease poured over, then baked in hot oven, until of good brown color.

PARSLEY BUTTER POTATOES

Serve boiled potato with melted butter and sprinkle with chopped parsley.

RISSOLE POTATOES

Peel and wash raw potatoes, place in baking pan with clear lard or grease, season with salt and white pepper, dust with paprika, and roll potatoes in pan until covered with grease and paprika on all sides. Bake in hot oven until brown and tender. Dress with melted butter.

PERSILLADE POTATOES

Use small boiled potatoes. Serve with melted butter and sprinkle with chopped parsley.

POTATO PANCAKE

Use Kitchen Craft potato pancake mix and follow instructions on box.

SAUTE POTATOES

Use cold, boiled potatoes; and cut in 1/2-inch cubes. Season with salt and white pepper and brown in frying pan, tossing potatoes frequently to insure an even browning on all sides. When well browned, pour off surplus fat; and serve dressed with butter, and chopped parsley.

SCALLOPED POTATOES

|                                              |                    |
|----------------------------------------------|--------------------|
| Raw potatoes (pared, cut in 1/4 inch slices) | Flour for dredging |
| Salt and Pepper                              | Butter             |
|                                              | Milk (boiling)     |

Place potatoes in large mixing bowl, dredge with flour and mix well. Grease a baking pan. Put layer of potatoes to cover bottom of greased baking pan. Sprinkle with salt and pepper and dot over with a few small pieces of butter. Repeat this process until baking pan is filled. Add boiling milk until it may be seen through top layer. Bake in moderate oven until potatoes are cooked soft.

SHOESTRING POTATOES

Cut potatoes in thin strips and fry as for French Fried.

VEGETABLE PLATE WITH POACHED EGG

Poached egg in center of dinner plate on circular piece of dry toast. Surround the egg with any four or five varieties of vegetables, including potatoes (not fried). Each vegetable to be separated by a strip of toast laid from center to outside edge of plate. Arrange vegetables on plate in alternating colors. Vegetables to be well drained, seasoned and freshly prepared. Poach egg in slightly salted water.

CANDIED CAROLINA SWEETS

Boil 4 cups sugar, 4 cups water, and juice of one-half lemon until thickness of syrup. Cut boiled potatoes in uniform size, place in flat pan, and spread with some butter. Cover with the above syrup and cook in oven until potatoes are glazed.

HONEYED CAROLINA SWEETS

Use large jars honey.

ATLANTIC COAST LINE RAILROAD COMPANY  
DINING CAR DEPARTMENT  
JACKSONVILLE, FLORIDA

June 13, 1962

STEWARDS, WAITERS--IN-CHARGE, COOKS:

We continue to receive complaints that French fried potatoes are cold and soggy when served. Reports from supervisory personnel indicate this condition results from one of several undesirable practices: (1) Potatoes being prepared in advance and reheated in the oven when orders received; (2) Potatoes being cut too large, blanched off prior to meal service, and then not sufficiently cooked when orders received; (3) and potatoes cooked in oil so hot they are brown on the outside, but only partially cooked through.

FOLLOW THIS PROCEDURE

After peeling potatoes, trim into a square shape (save trimmings for mashed potatoes), cut 1/2 inch in thickness and 1/2 inch wide, and the length of the potato with ends squared. Soak cut potatoes in ice water for 5 minutes, then rinse off to remove excessive starch. Let potatoes dry and then blanch potatoes in 380 degree, hot grease for 5 to 8 minutes, or until potatoes are just about done. Potatoes must not be cooked until they are soft. Raise basket from hot grease and let excess grease drain off. Place potatoes in shallow pan on paper towel to absorb grease.

When orders are received, finish cooking to a golden brown in 400 degree grease. This will require only about three (3) minutes. Drain well before removing from fry basket. Grease must be clean at all times and will be changed when potatoes show any discoloration.

J. B. MASHBURN  
Superintendent Dining Cars.

APRICOT SALAD, MAYONNAISE DRESSING

Table D'Hote service - One-half inch slice of lettuce on cold cake or tea plate with one-half apricot on top of lettuce. Fill cavity of apricot with mayonnaise and top with one-half Maraschino cherry.

A la carte service - Line cold compote with crisp lettuce leaves. Arrange four halves of apricots in circle, leaving the center of circle open; place kitchen spoon of mayonnaise in center of circle. Top mayonnaise with 1/2 Maraschino cherry. Cold service plate for service. Saltines on doily-lined tea plate.

AVOCADO AND ORANGE SALAD

Cut head lettuce in 1/2-inch slices. Place one slice on cold tea plate. Place 2 slices avocado and 2 segments of orange on top of lettuce, alternating with slice of avocado and segment of orange, each overlapping. Top with 1/2 cherry. Small amount of dressing over top just before serving. Shake dressing thoroughly each time before using.

ASPARAGUS SPEARS, VINAIGRETTE - See recipe for dressing.

Table D'Hote service - Serve 4 spears canned asparagus on single lettuce leaf on cold cake or tea plate with vinaigrette dressing over top of spears.

A la carte service - Line a chilled compote with crisp lettuce leaves, and neatly arrange 8 asparagus spears in the center of the compote. Decorate with alternating strips of green pepper and pimento, using two of each. Vinaigrette dressing in gooseneck.

BON TON SALAD, FRENCH DRESSING

1/2 inch slice of head lettuce on cold cake or tea plate. Place one slice of tomato on top of lettuce. Two asparagus spears on top with strip of green pepper. Pour french dressing over top just before serving.

BANANA NUT SALAD, MAYONNAISE DRESSING

Place 1/2 inch slice of lettuce on cold tea plate. Cut banana in half lengthwise. Cut each half in two, crosswise. Place two pieces on top of lettuce. Spread thin layer of mayonnaise on each piece of banana, and sprinkle with chopped nuts. Mayonnaise between pieces of banana, topped with half maraschino cherry.

BET SALAD, FRENCH DRESSING

Place 1/2 inch slice lettuce on cold tea plate. Slice beets crosswise in thin slices. Place 4 slices beets on lettuce, each slice overlapping the other. Ring of green pepper on top of beets. French dressing over top just before serving.

CABBAGE AND LETTUCE SALAD, FRENCH DRESSING

Shred cabbage and lettuce. Soak cabbage in ice water so that it will be crisp. Mix crisp shredded cabbage with shredded lettuce and serve on cold tea plate with a little French dressing over top.

CABBAGE, CARROT AND PEPPER SALAD, FRENCH DRESSING

Shred cabbage finely and add finely shredded green pepper and carrots. See that cabbage is crisp, then add only enough French Dressing to moisten and mix well.

Place single crisp lettuce leaf on cold tea plate, generous portion salad in center of lettuce leaf. Garnish with 2 strips of pimento crossed over top.

CHEF'S MIXED GREEN SALAD, FRENCH DRESSING OR ACL STEAK PLATTER SALAD

Same salad as with A.C.L. steak platter.

One medium large head of lettuce shredded (not chopped); one medium-sized onion, finely shredded; four or five radishes, cut in thin slices; and a little chopped parsley. Mix all together and keep in ice box until needed. Serve on cold tea plate and pour a little French dressing - about one ounce - over the salad just before serving. This makes six orders. Do not prepare too much salad in advance.

COLE SLAW (Tangy)

Soak shredded cabbage in ice water to make it crisp. A little French Dressing over cabbage just before serving. To be made and served from kitchen.

MEXICAN SLAW

Shred cabbage finely and add finely shredded green pepper and pimento. See that cabbage is crisp; then add only enough French Dressing to moisten and mix well. To be made and served from kitchen.

CUCUMBER, RADISHES, AND GREEN PEPPER SALAD

Place 6 thinly sliced radishes neatly arranged in a mound on a crisp lettuce leaf in center of tea plate, and 8 slices of peeled and scored cucumber overlapping each other around the mound of radishes. Sprinkle 1/2 finely diced green pepper over radishes and cucumber. French dressing in sauce boat for a la carte service.

Plate service to consist of half the amount used for a la carte, with French Dressing poured over the salad before serving.

EGG AND LETTUCE SALAD, MAYONNAISE DRESSING

Place 1/2 inch slice head lettuce on cold tea plate. Place 3 slices hard cooked egg on top of lettuce, each slice overlapping the other. Sprinkle eggs lightly with paprika. Place mayonnaise on one side of lettuce.



ATLANTIC COAST LINE RAILROAD COMPANY  
DINING CAR DEPARTMENT  
JACKSONVILLE, FLORIDA

March 19, 1963

S A L A D   B O W L

Fruit Cup  
-----

TOSSED SALAD BOWL  
with  
Strips of Ham, Turkey, Cheese  
and Egg Slices  
-----

Choice of Dressing:  
("Coast Line" - Thousand Island - Oil and Vinegar)  
-----

Saltines or Rolls  
-----

Beverage and Dessert

Fruit Cup: Serve canned mixed fruit in cold stemmed cocktail glass. Top with cherry.

Tossed Salad, etc.:

Ingredients

|             |                  |                |         |
|-------------|------------------|----------------|---------|
| Lettuce     | Tomatoes         | Turkey Strips) | Draw    |
| Endive      | Radishes         | Ham Strips )   | from    |
| Water Cress | Hard Boiled Eggs | Cheese Strips) | kitchen |

Preparation in pantry, except turkey, ham and cheese strips.

Wash all vegetables thoroughly.

Lettuce - Pull leaves apart - Do not shred.

Water Cress - Break clusters apart.

Tomatoes - Cut each in 8 wedges.

Radishes - Slice thinly.

Eggs - Cut in thin slices.

Turkey - Cut white meat in thin strips  $\frac{1}{4}$  inch wide, 2 inches long.

Ham - Cut in thin strips  $\frac{1}{4}$  inch wide, 2 inches long (use boiled ham).

Cheese - Cut in thin strips  $\frac{1}{4}$  inch wide, 2 inches long.

- (1) Place lettuce, endive, water cress and radishes in large pan and toss together until well mixed.
- (2) Place above ingredients in cold large special salad bowl, filling to near top of bowl.

(Over)

- (3) Place 2 tomato wedges towards outer rim of salad bowl.
- (4) Place 4 slices hard boiled eggs around outer edge of salad.
- (5) In center of bowl, neatly arrange 4 strips of turkey, 4 strips of ham, and 4 strips of cheese.
- (6) Cold tea plate for service.

It is important that this item make an attractive appearance when placed before the guest and waiters must pay special attention to the preparation and service.

All diners are being equipped with 8 wood fork and spoon salad sets and these are to be used exclusively for service of the Special Tossed Salad in the large salad bowls.

Waiters are to follow these service instructions:

Determine kind of dressing desired by guest. Thousand Island and "Coast Line" to be served in gooseneck, Olive oil and malt vinegar in cruets. Thousand Island is to be made up on cars, see page 64 in recipe book.

Cold tea plate should be placed directly in front of guest and bowl of salad in front of tea plate with wood fork placed on left side and wood spoon on right side of salad bowl. Guests can then toss their own salad.

Guest has choice of saltines or rolls. Serve either 3 individual packages of crackers (6 single crackers) or two rolls. Serve one pat of butter but replenish as needed. Choice of beverage and dessert from menu.

Salad sets are to be promptly washed, sterilized and dried. UNDER NO CIRCUMSTANCES SHOULD THEY BE ALLOWED TO REMAIN SUBMERGED IN HOT WATER. They are to be stored in silver drawer when not in use.

Stewards are instructed to carry these salad sets in their trip report, making entry on page 15 in open space above MISC. EQUIP.

J. B. MASHBURN  
Superintendent Dining Cars.

FRUIT SALAD, MAYONNAISE DRESSING

Use canned mixed fruit cocktail, chilled. Juice must be thoroughly drained off. Place fruit on lettuce leaf on cold tea plate, mayonnaise on top of fruit. Half maraschino cherry on top.

A la carte - Line cold compote with crisp lettuce leaves. Mold coffee cup of mixed fruit and turn out in center of compote. Top with cherry. Serve mayonnaise in gooseneck. Cold service plate for service. Saltines on doily-lined tea plate.

FLORIDA FRUIT SALAD, VINAIGRETTE DRESSING

On 1/2 inch slice of head lettuce on cold cake or tea plate, place one section of grapefruit, one slice avocado pear, one section orange, one section avocado, and one section grapefruit in this order. Just before serving, pour vinaigrette dressing over top. See recipe for dressing.

GRAPEFRUIT AND AVOCADO SALAD, DRESSING

Cut head lettuce in 1/2 inch slices. Place one slice on cold tea plate. Place 2 slices avocado and 2 segments of grapefruit on top of lettuce, alternating with slice of avocado and segment of grapefruit, each overlapping. Top with 1/2 cherry. Small amount of dressing over top just before serving. Shake dressing thoroughly each time before using.

GRAPEFRUIT AND ORANGE SALAD, FRENCH DRESSING

Cut head lettuce in 1/2 inch slices. Place one slice on cold tea plate. Place 2 segments of grapefruit and 2 segments of orange on top of lettuce, alternating with segment of grapefruit and segment of orange, each overlapping. Top with 1/2 cherry. Small amount of dressing over top just before serving. Shake dressing thoroughly each time before using.

LETTUCE, SHREDDED

Place shredded head lettuce on cold tea plate. Small amount dressing over top just before serving. Be sure to shake dressing thoroughly before using.

PEAR AND COTTAGE CHEESE SALAD, MAYONNAISE DRESSING

Place 1/2 inch slice head lettuce on cold tea plate. One chilled pear in center of lettuce hollow side up, fill cavity with cottage cheese and top with cherry. Place mayonnaise to side of pear on lettuce leaf.

HEARTS OF LETTUCE (Table D'Hote)

1/2 inch slice of head lettuce on cold tea plate. Pour dressing over just before serving.

PEAR AND LETTUCE SALAD, MAYONNAISE DRESSING

Service for Table d'Hote - Place leaf of lettuce on cold tea plate. In center of plate, place slice of head of lettuce cut crosswise half-inch thick. On the lettuce place one-half drained, chilled pear, hollow side up. Fill hollow of pear with mayonnaise. Top mayonnaise with one-fourth teaspoon of jelly.

Service for A la Carte - Line cold compote with crisp lettuce leaves. Place half head of lettuce, quartered and cut lengthwise, so that the stem ends meet in the center of dish. Arrange two chilled pear halves, hollow side up, one on each side of the lettuce. Place another half pear right in the center. Fill with mayonnaise and top with jelly same as above.

PINEAPPLE AND COTTAGE CHEESE SALAD, MAYONNAISE DRESSING

Place 1/2 inch slice head lettuce on cold tea plate. One chilled pineapple ring in center of lettuce. Mold small ball cottage cheese and place in hole of pineapple ring. Top with 1/2 cherry. Place mayonnaise to side of pineapple on lettuce.

TOMATOES, (SLICED) DRESSING

Place single crisp lettuce leaf on cold tea plate. 3 slices ripe tomatoes on top of lettuce, each slice overlapping the other. Dressing over top just before serving. 1/2 tsp. on egg

TOMATO AND ONION RING SALAD, FRENCH DRESSING

Cold tea plate, 1/2 inch slice of crisp lettuce cut crosswise, 2 slices of tomato on the lettuce, one onion ring on each slice of tomato. Dressing poured over just before serving.

TOMATO AND LETTUCE SALAD, DRESSING

1/2 inch slice head lettuce on cold tea plate, place 3 slices tomato on top of lettuce, each slice overlapping the other. Dressing over top just before serving.

POTATO SALAD

|                             |                       |                       |
|-----------------------------|-----------------------|-----------------------|
| 1 gal potatoes              | 1/4 cup pimento       | 1/3 cup celery        |
| 1/3 cup chopped dill pickle | 1 teaspoonful parsley | 1 oz. sugar           |
| 3 hard boiled eggs          |                       | 1 cup mayonnaise      |
| 1/3 cup vinegar             |                       | Salt and white pepper |

Boil potatoes with skins on. When done, cool, peel, and dice in small cubes. Season with salt and pepper. Add a little sugar and the vinegar. Mix well and let marinate. Add the parsley, chopped finely, celery, pickle, hard-boiled eggs and pimento also chopped up. Add mayonnaise and mix well. Season to taste. Keep moist by adding vinegar, blended with salt and a little sugar.

WATERCRESS AND SLICED EGG SALAD, FRENCH DRESSING

Place good-sized portion of water cress on single lettuce leaf on cold tea plate. Place 4 slices hard cooked egg on top of cress, overlapping, and sprinkle eggs lightly with paprika. French dressing over top just before serving.

CHICKEN SALAD - 6 portions

|                                     |                             |
|-------------------------------------|-----------------------------|
| 1 boiled roasting chicken, diced    | 1 tablespoon capers         |
| 2 tablespoons cider vinegar         | 5 hard boiled eggs, chopped |
| 10 single stalks of celery, chopped | 1 cup mayonnaise            |
| 2 tablespoons oil                   | 1 pimento                   |

Remove all meat from chicken, and dice the meat and the celery in 1/4 inch pieces. Season with salt and white pepper, and moisten lightly with cider vinegar and oil. Let stand for 5 minutes, pour off vinegar, and add chopped eggs and mayonnaise and mix.

SPECIAL - TURKEY SALAD PLATTER WITH CRISPY POTATO STIX, HARD COOKED EGG, TOMATO SLICES, SALTINES AND BEVERAGETURKEY SALAD

|                                     |                             |
|-------------------------------------|-----------------------------|
| 4 cups diced boiled turkey          | 1 tablespoon capers         |
| 2 tablespoons cider vinegar         | 5 hard-boiled eggs, chopped |
| 10 single stalks of celery, chopped | 1 cup mayonnaise            |
| 2 tablespoons oil                   | 1 pimento                   |

Remove meat from turkey, and dice the meat and the celery in 1/4 inch pieces. Season with salt and white pepper, and moisten lightly with cider vinegar and oil. Let stand for 5 minutes, pour off vinegar, and add chopped eggs and mayonnaise and mix.

COLD PLATTER - SHRIMP SALAD, POTATO STIX, COLE SLAWSHRIMP SALAD

|                                       |                            |
|---------------------------------------|----------------------------|
| 2 cups coarsely chopped boiled shrimp | 1 chopped pimento          |
| 1 cup celery                          | 4 chopped hard-cooked eggs |
| 1 tablespoon capers                   | Mayonnaise                 |

Mix shrimp, celery, capers, pimento and eggs together. Add enough mayonnaise to bind well. Add salt and pepper to taste. Place 1/2 teaspoon mayonnaise on top of salad and garnish with 2 strips of pimento placed crosswise on top of mayonnaise.

Service - Prepare shrimp salad as directed above. Mold 2/3 coffee cupful of salad and turn out on single lettuce leaf in center of cold medium platter. Garnish as directed in above. Place liberal portion potato stix on one end of platter and mold 1/2 egg cup cole slaw on other end of platter. Garnish with sprig of parsley and slice of tomato.

SALMON SALAD - 2 portions.

1 1/4 cups salmon (two 3 1/4 ounce cans) flaked.  
3/4 cup celery, chopped  
1 1/2 teaspoon lemon juice  
1/4 teaspoon salt  
1/4 teaspoon paprika

Mix all ingredients together and then add just enough mayonnaise to bind together. Top with teaspoonful of mayonnaise, at time of service, garnish with two strips of pimento, placed crosswise on top of mayonnaise.

A LA CARTE - Mold 2/3 coffee cupful of salad and turn out on cold lettuce lined oatmeal bowl. Underline with tea plate. Cold tea plate for service. Saltines on doily lined tea plate.

SALAD PLATTER - Same instructions except turn out on lettuce leaf in center of cold medium platter. Place liberal portion potato sticks on one end of platter and 3 slices tomatoes on other end of platter, each slice overlapping the other. Garnish with one hard cooked egg cut in quarters and sprig of parsley. Saltines on doily lined tea plate.

TUNA FISH SALAD - 2 portions.

1 1/4 cups tuna fish (one 7 ounce can) flaked  
3/4 cup celery, chopped  
1 1/2 tablespoons capers  
1 tablespoon stuffed or green olives, chopped  
1 1/2 teaspoon lemon juice  
1/2 teaspoon salt  
1/2 teaspoon paprika

Combine tuna, celery, 1/2 tablespoon capers, olives, lemon juice, salt and paprika. Mix well and add just enough mayonnaise to bind together. Top with teaspoon of mayonnaise at time of service, garnish with 2 strips pimento, placed crosswise over top of mayonnaise and the remaining 1 tablespoon capers.

A LA CARTE - Same service as salmon salad.

SALAD PLATTER - Same service as Salmon Salad.

SHRIMP SALAD, SALTINES - A la Carte

Service - Mold  $\frac{2}{3}$  bouillon cup of salad and turn out in cold compote lined with crisp lettuce leaves. Place  $\frac{1}{2}$  teaspoon mayonnaise on top of salad, and garnish with 2 strips of pimento placed in form of cross on top of mayonnaise. Cut  $\frac{1}{2}$  hard boiled egg in two lengthwise and place pieces on opposite sides of salad. Use cold tea plate for service.

NOTE: ON MENU CHEESE IS NOT LISTED AS A DESSERT, BUT IT IS PERMISSIBLE TO SERVE AS A DESSERT ON FIXED-PRICE MEALS.

### CHEESE (WRAPPED)

Serve on lettuce leaf on tea plate. (Do not unwrap). Crackers arranged on each side of cheese.

### APPLE COBBLER

Line a deep baking pan with pie dough rolled 1/8-inch thick, and fill 1½ inches deep with apples, prepared in the same manner as for pies. Cover with sheet of pie dough of the same thickness as the lining, make several incisions, brush with regulation water and butter mixture, and bake until top and bottom are well browned and apples are thoroughly cooked.

Service - Cut in 2½ inch squares, and serve in sauce dish underlined with tea plate, with a spoonful of sauce made from apples.

### BREAD AND BUTTER PUDDING

Cut bread in 1/2 inch slices, and add a small amount of steamed, seedless raisins. Place in pudding pan, and cover the bread with a custard made as follows:

To a quart of milk add 4 eggs, 1/2 teaspoon salt, 1/2 cup sugar, and 2 teaspoons vanilla.

Dot top with butter, sprinkle with ground nutmeg, and bake in a medium oven until custard is set. Serve 1-1/2 basting spoons in sauce dish underlined with tea plate and with lemon or vanilla sauce poured around the pudding.

### BROWN BETTY, FRUIT SAUCE

Butter pudding pan, break white bread loosely into small flakes and spread over bottom of pan. Cover with layer of sliced apples, sugar heavily, season with cinnamon and nutmeg, and dot with butter. Repeat until pan is filled, finishing with bread. Brush with butter, and bake in oven until nicely browned and done. Serve 1½ basting spoons in a sauce dish underlined with tea plate, and cover with fruit sauce. See recipe for fruit sauce.

### CHOCOLATE PUDDING

Use prepared pudding mix.

### GRAPE NUT PUDDING

1 Qt. Boiling Milk  
1 Teaspoon Vanilla  
5 Eggs

1 Cup of Sugar  
Pinch Salt  
3 Individual Packages Grapenuts

Beat together eggs, sugar, salt, vanilla; add milk and Grapenuts. Bake in moderate oven.



GINGERBREAD, VANILLA SAUCE

Use gingerbread mix, serve hot in sauce dish, underlined with tea plate. Vanilla sauce over top. See recipe for vanilla sauce.

ICE CREAM WITH WAFERS

Ice cream in sauce dish on doily on tea plate, two wafers on same plate.

ICE CREAM, CRUSHED STRAWBERRIES

Use softer berries which are not spoiled for this purpose.

ICE CREAM WITH RED CURRANT SAUCE

1# currant jelly  
4 ounces water  
Juice of half lemon

One pound red currant jelly in saucepan, add the water and lemon juice, and cook together until of a syrup consistency. Strain through China cap and cool. Transfer to clean jar and keep cool in chill box. Serve tablespoon over top of ice cream.

JELLO WITH MIXED FRUIT

Mix drained canned fruit cocktail with jello.

ORANGE MARMALADE PUDDING

|                     |                                  |
|---------------------|----------------------------------|
| 3 qts. kitchen milk | 2 tablespoons lemon juice        |
| 1-1/2 cups sugar    | 3 cups orange marmalade          |
| 1/2 teaspoon salt   | 24 slices day old or stale bread |
| 12 eggs             |                                  |

Scald milk and add to beaten egg yolks and sugar. Add lemon juice and salt. Pour mixture over the bread which has been cut into 1-inch squares, slightly toasted, and placed in a large well-buttered pudding pan. After pouring custard over bread, allow to stand 10 or 15 minutes before placing in oven. Bake in medium oven about 40 minutes or until a fork placed in center of pudding and removed shows custard is set. Remove from oven, spread top of pudding generously with orange marmalade, and cover with meringue prepared from the egg whites beaten stiff and 1 cup of sugar. Brown in oven. Serve warm or cold.

Service

A la Carte - Serve 2 basting spoons in oatmeal bowl, underlined with tea plate.

Table D'Hote-Serve 1 basting spoon in oatmeal bowl, underlined with tea plate.

DESSERTS (Continued)FRESH PEACH SHORTCAKE - 24 Orders.

Peel and slice the peaches. Cover with sugar and a little grated rind of lemon. Mix well gently before using for shortcake. To make shortcake: 1/2 pound of hard butter, 1/2 pound shortening, 2 pounds flour, 3 heaping teaspoons baking powder together, rub in first the butter, and then the shortening, add enough cold milk to make medium dough. Roll out and bake in baking sheet or meat pan to be one inch thick when done. Cut in squares and split in the middle. Give liberal portion. Cover top layer with sliced peaches and top with whipping cream.

RICE AND RAISIN PUDDING - 16 Portions.

|                    |                 |
|--------------------|-----------------|
| 6 eggs             | 1½ cups sugar   |
| 1½ quarts milk     | ¾ tsp. salt     |
| 3 cups cooked rice | 1/2 tsp. nutmeg |
| 1½ cups raisins    | ¾ tsp. vanilla  |

Beat milk and eggs together with whip. Then fold in remaining ingredients. Bake in moderate oven until custard is set.

Service - Serve in a sauce dish, underlined with a bread and butter plate. Serve cream on side.

SPICE CAKE, VANILLA SAUCE

Use spice cake mix. Serve liberal size portion in sauce dish, pour vanilla sauce over cake just before serving. See recipe for vanilla sauce.

STRAWBERRY SHORTCAKE, WHIPPED CREAM

|                           |                                      |
|---------------------------|--------------------------------------|
| 3 cups flour              | Pinch of salt                        |
| 4 ounces butter           | 1 cup of milk                        |
| 1/2 cup sugar             | Strawberries, crushed and sweetened. |
| 3 teaspoons baking powder | Whipping cream.                      |

Rub butter into flour, add sugar and salt, fold in baking powder and stir in milk making a firm dough. Roll out on pastry board 1/2 inch thick. Cut round cakes about 3 inches in diameter, set on buttered baking pan far enough apart to keep from joining, and bake in hot oven.

Service - Split cakes into two layers, pouring berries first over bottom and after closing, pour some over the top. Garnish with whipped cream. Cakes must be served freshly baked.

TAPIOCA PUDDING, VANILLA SAUCE

3/4 lb. Pearl Tapioca  
 1 quart milk  
 8 eggs

1/2 lb. sugar  
 4 oz. butter  
 2 teaspoons lemon extract

Wash tapioca and soak in cold water one hour, then drain. Add butter to milk and bring to boil. Stir in tapioca and let simmer until thoroughly soft and of a transparent appearance. Remove from range and allow to cool a while. Beat eggs, sugar and lemon extract well together and stir into tapioca. Place mixture in buttered pan, set pan in a larger pan half-filled with water and bake until firm. Serve in sauce dish underlined with tea plate. See recipe for Vanilla Sauce.

ALL CHEFS ARE TO FOLLOW THESE INSTRUCTIONS IN MAKING PIE CRUST. EACH CHEF WILL BE EXPECTED TO HAVE THIS RECIPE WITH HIM AT ALL TIMES WHEN ON DUTY FOR READY APPEARANCE.

PIE CRUST (3 - 10" PIES)

6 cups flour  
 3 cups shortening

1 1/2 cups ice water  
 1 tablespoon salt

Sift flour and salt together in mixing bowl, cut in the shortening and work until well mixed and of a coarse grain. Add ice water and mix well together. Pat dough into a solid lump. Any dough not needed at time mixed should be covered with damp towel and placed on plate in refrigerator for later use.

APPLE PIE - Three - 10" Pies.

9-3/4 cups canned pie apples  
 3 cups sugar  
 3 pinches salt

1 1/2 cups water  
 1 teaspoon grated nutmeg  
 3/4 teaspoon ground cinnamon

3 - ounces butter.

Line 10" pie tin with pie crust.

Bring 1 1/2 cups water to boil, add 3 cups sugar, 3 pinches salt, 1 teaspoon grated nutmeg, 3/4 teaspoon ground cinnamon and continue to boil until you have a thin sugar syrup.

Measure out 9-3/4 cups canned pie apples, add the thin sugar syrup and place on stove cooking for 10 minutes. Remove from stove and fill pie tins. Dot top of apples with 1 ounce butter for each pie. Dust apples very lightly with flour. Place top crust on pie, brush with egg wash. Cut several small slits in top crust to allow steam to escape. Bake in medium oven until top crust is a golden brown.

NOTE: Be sure to use exact amount of nutmeg and cinnamon as shown above for 3 pies.

ATLANTIC COAST LINE RAILROAD COMPANY

DINING CAR DEPARTMENT

WASHINGTON, D. C.

October 11, 1948

STEWARDS AND CREWS:

October 18 - 23, inclusive, is National Cranberry Week. During this period we will feature Cranberry Pie which is to be made according to the recipe given below. Slips to be attached to the menu will be furnished.

CRANBERRY PIE

Ingredients for 4 Pies:

5 $\frac{1}{4}$  Cups Seedless Raisins  
6 Tablespoons Ground Orange Rind  
1 No. 10 Can of Whole Cranberry Sauce

Plump raisins by simmering in boiling water for 5 minutes. Drain off water. Wash oranges and remove all blemishes (about 8 oranges, large). Peel, removing only the thin yellow outer rind. Grind or chop finely. Combine Cranberry sauce with orange rind. Will yield 4 pies.

J. J. PEACOCK  
GENERAL SUPERINTENDENT DINING CARS

DESSERTS (continued)BLACKBERRY PIE (use canned berries unless otherwise specified)

Do not thicken with corn starch, use flour.

BLUEBERRY PIE

Use canned berries - Do not use corn starch to thicken. Use flour.

CHERRY PIE

|                                 |                             |
|---------------------------------|-----------------------------|
| 4 cups canned cherries, drained | 1/4 cup flour               |
| 1 cup sugar                     | 1/4 teaspoon salt           |
|                                 | 1/2 cup canned cherry juice |

To four cups of drained cherries, add 1 cup sugar, 1/4 cup flour, 1/4 teaspoon salt, and mix well. Line a pie plate with pastry and put in cherry pie mixture. Add 1/2 cup cherry juice. Strip the top with 1/2 inch strips. Brush the egg wash and bake in hot oven. Do Not Use Corn Starch.

CRANBERRY PIE

Use No. 10 cans pie cranberries. Cross top of pie with narrow strips of pie paste (lattice shape) drawn through egg wash.

MINCE PIE - Serve hot.

Try to keep an apple pie or two available for those patrons who may not wish mince pie. Instruct waiters accordingly.

FRESH PEACH PIE - 1 Pie

|                |
|----------------|
| 4 lbs. peaches |
| 1/2 cup water  |
| 1/2 cup sugar  |

Place the sugar and water in a saucepan and bring to boil. Peel peaches carefully; cut in halves and remove pits. Place peaches in syrup and cook slowly until tender; then remove from syrup and drain well. Place peaches flat in lined pie tin; dot with small pieces of butter. Cover with top crust; brush with egg wash and bake as usual.

PUMPKIN PIE - Two pies.

|                   |                              |
|-------------------|------------------------------|
| 1 1/2 cups sugar  | 3 1/2 cups pumpkin           |
| 2 cups milk       | 2 teaspoons cinnamon         |
| 4 eggs            | 1/2 teaspoon ginger          |
| 1/2 teaspoon salt | 1/2 teaspoon ground allspice |

Mix sugar, spices, and salt. Add pumpkin and mix again. Add milk. Stir in well. Let this set for at least one hour before adding eggs. Mix in eggs thoroughly. Fill shells and bake in hot oven for 35 minutes.

DESSERTS (continued)RAISIN PIE - Ingredients for 2 pies:

|                                  |                      |
|----------------------------------|----------------------|
| 5 cups of raisins                | 2 tablespoons flour  |
| 5 cups of water                  | 1 cup sugar          |
| Grated rind and juice of 1 lemon | 2 tablespoons butter |

Cook raisins in the water until soft. Mix flour and sugar and add to raising stirring until well mixed. Add lemon and butter. Let cool. Then fill pies. Moisten the edges of bottom crust with a little water and cover pie with top crust in which 2 to 3 holes have been cut to allow steam to escape. Brush with egg wash and bake in hot oven until well done and browned.

BAKED APPLE WITH CREAM

Use 80-size apples, as furnished. Wash each apple clean and wipe dry. Core, being careful to remove all seeds and pith. Pare one-third of the skin from blossom end, and score with silver table fork. Place in pan, scored end up, with one cup of water and one stick cinnamon to each panful. Fill cavity of each apple with sugar, sprinkle scored surface with sugar. Place on top rack in hot oven until slightly glazed, then lower to bottom of oven. Sprinkle apples lightly with sugar to promote glazing and baste frequently until done. Remove from oven and let cool slightly and baste until syrup adheres to the apples, which gives a further glaze. Remove apples to a clean pan. Into the pan in which apples were baked add one-half cup water and boil ten minutes, then strain.

Service--Serve one apple in oatmeal bowl and pour over it a basting-spoonful of the syrup in which apples were cooked. Underline oatmeal bowl with tea plate.

SLICED BANANAS WITH CREAM

One whole banana to order, served in sauce dish - Underlined.

BERRIES WITH CREAM

Serve in sauce dish underlined with tea plate, 4 portions to the pint. Berries to be picked and then washed by placing berries in saucepan of ice water, then lifting out gently and draining dry on a towel. Remove all blemished ones.

FLORIDA GRAPEFRUIT, MARASCHINO

Before service of grapefruit, pour a little maraschino juice over grapefruit and top with  $\frac{1}{2}$  cherry.

MELON OR GRAPEFRUIT (A La Carte or Table D'Hote). Serve thoroughly chilled

Cut skin off bottom of melon or grapefruit so that fruit will sit evenly on plate; underline with doily. Finger bowl to be served at time of service for all melon or grapefruit, section of lemon with honey dew.

CANTALOUPE

Quantity -- A la carte -- Half of an average-size melon.  
Table d'hote --  $\frac{1}{3}$  or  $\frac{1}{4}$  melon, depending on size.

ORANGE SLICES

Slice oranges crosswise in  $\frac{1}{4}$  inch slices. Place in pan, sprinkle with brown sugar and cinnamon. Put in oven and let heat until sugar is melted. Serve 2 slices hot with chicken.

SLICED FRESH PEACHES

Peaches are to be carefully peeled and sliced to order. Slice from stem to blossom end, from outside in to the peach stone, in quarter-inch segments.

Service -- A la carte -- Serve peaches in compote  $3/4$  full with sauce dish underlined with tea plate for service. Cream pitcher accompanies.

Table d'hote -- Serve in sauce dish  $2/3$  full underlined with tea plate. Cream pitcher accompanies.

STEWED FRESH RHUBARB

Peel each stalk and cut in one-inch pieces. Wash and place in cold water for one hour. Drain and place in pot with  $1/4$  pint of water and  $1/2$  pound of sugar to each 2 pounds of rhubarb. Cover pot, place in oven or on back of range, and cook slowly for 20 minutes or until tender with each piece remaining whole. If strawberry rhubarb is used, it is unnecessary to peel; but otherwise prepare as above. Rhubarb and syrup should be a decidedly pink color when done and should be served with syrup in which cooked.

Service: Serve in sauce dish underlined with tea plate.



GLAZED PINEAPPLE RINGS

Place slices of pineapple into a buttered baking pan. Sprinkle with melted butter and powdered sugar. Place pan in oven and bake until glazed. Serve hot.

Coffee is one of the most important items on our menu and every Chef should be proud of the coffee he serves to our patrons. It is a Chef's duty to see that coffee is made correctly and it must be made personally by the Chef.

- (1) Be sure urn is clean, hot, and ready for service.  
Never start to make coffee until urn is absolutely clean.
- (2) Use only fresh, briskly boiling water.
- (3) Use exactly the right amount of water, too much or too little will ruin the coffee.
- (4) Place one pound of coffee in clean coffee bag, pour over this coffee two gallons briskly boiling water.
- (5) Allow water to run through bag.
- (6) After coffee has completely run through, draw off and repour over grounds the second and third times.
- (7) Remove bag from urn when coffee is ready to serve, disposing of all the grounds. (Never put fresh coffee in bag with used grounds).
- (8) Wash bag (no soap), in clear warm water then in cold water and bag will be ready for next making of coffee.
- (9) Make fresh coffee for each meal. Do not attempt to hold coffee over from one meal to the next.
- (10) At least once each day and before arrival at cut-out or layover point, wash coffee urn thoroughly with urn cleaner and hot water. Rinse well and drain off. Leave cover off.

Complimentary demitasse coffee at breakfast time.

This service must be extended to every guest in the dining car at breakfast time in all of our trains. The guest is not to be asked if this coffee is desired; it is to be brought out by the waiter at the time glass of ice is placed on the table for the guest.

ICED TEA

With Table D'Hote meals serve iced tea glass filled to capacity with cracked ice underlined with sauce dish with section of lemon alongside of glass, one pot of hot water with tea bag inserted, iced teaspoon for service. A La Carte same service except extra pot of hot water is to be served.

HOT TEA

With table d'hote meals serve pot of boiling water. Tea bag not to be inserted in pot. Place tea bag on edge of saucer. Slices of lemon in sauce dish, or cream as desired. A la carte same service except extra pot of boiling water is to be served.

SANKA

Serve pot of hot water, two packages of Sanka in sauce dish. Cup and saucer for service.

COCOA. POSTUM, ETC.

To be served in tea pot. Cup and saucer for service.

COFFEE

To be served in coffee pots at all times. Cup and saucer for service.

MILK

Unopened container and empty glass to be brought to table. Container opened and milk poured by waiter at table.

Fruit Juices (Keep cold at all times)

Fill juice glass to capacity; underline with doily on tea plate. (With tomato juice serve section of lemon.

In case of double order of fruit juice on all trains fill water glass to capacity; under line with doily on tea plate.

ORANGE JUICE (FROZEN)

This juice (concentrated form) comes in 28-ounce cans, and each can will make 4 quarts of juice; therefore most diners will not have to have over 2 cans at one time on the car. It is important that you order only enough each time to take care of your needs until you again pass Jacksonville or Washington. This concentrate must be kept frozen until it is mixed. On our new lightweight dining cars it will be satisfactory to store this concentrated orange juice in the low freeze box. On all other cars it is necessary that juice be mixed as soon as received and instructions for mixing and handling followed to the letter.

- (1) Each diner to be provided with three 1-gallon jars with tops.
- (2) As soon as crew reports or supply is placed on diner, pantryman or his assistant will mix the entire amount, except on new lightweight cars juice may be mixed as needed.
- (3) Open can and pour contents into clean gallon jar. Fill empty can three times with cold water pouring onto concentrate. Stir concentrate as you add the water.
- (4) Pour the juice back and forth between gallon jars to introduce air into juice.
- (5) Store in pantry refrigerator. Shake before using.
- (6) Stewards - Inspect this juice daily to see that taste is right and satisfactory for service.

COCOA

To be served in tea pot, about 1 1/2 cups. Cup and saucer for service.

1 Pot

4 1/2 teaspoons cocoa  
4 1/2 teaspoons sugar  
Dash of salt  
1/2 cup water  
1 cup milk

Mix cocoa, sugar, salt and water in saucepan. Then bring to boil and boil gently 2 minutes. Stirring constantly. Add milk and heat. Do not boil. Pour into hot tea pot and serve piping hot.

BREAKFAST (All Trains)

Cook to order as far as possible. Make toast fresh. Do not fail to serve demi-tasse coffee. Chefs study instructions (General Order No. 27) and make coffee correctly. Keep urns clean. Remove coffee bag after coffee is made. Wash out coffee bag after each use in clear water (no soap).

Complimentary demitasse coffee at breakfast time. This service must be extended to every guest in the dining car at breakfast time in all of our trains. The guest is not to be asked if this coffee is desired; it is to be brought out by the waiter at the time glass of ice is placed on the table for the guest.

Failure on the part of steward or waiter to follow these instructions will result in disciplinary action being taken.

BACON

While it is realized that in heavy trains it will be hard to broil bacon to order, nevertheless the system of dumping one or two pounds of bacon in the frying pan, allowing it to fry with the net result that about 10 to 15 per cent will break, curl up, and look messy when served, must be stopped. Hereafter on heavy trains chefs will place ready sliced bacon neatly on baking pan, cook partially in the oven to break the grain of the meat, and finish on the broiler. Bacon thus cooked will look more appetizing, will not crumble or curl, will show better on the plate, and will repay you in better percentage for the extra effort.

CHICKEN LIVERS, SAUTE WITH BACON STRIPS

Serve sauteed livers on two triangular pieces of freshly made toast with three strips of bacon.

CREAM CHIPPED BEEF ON TOAST

Shred slightly and immerse in boiling unsalted water for half minute, shaking well to separate pieces of beef. Drain and place in rich cream sauce thick enough to adhere to the chipped beef. Mix by tossing contents of pan and let simmer for a few minutes before serving. Season with white pepper only and no salt.

Service - On medium platter on one slice of freshly made toast cut diagonally, dress with melted butter and chopped parsley, garnish with sprig of parsley, hot dinner plate for service.

Quantity: 12 portions from each pound of dry chipped beef.

DEVILED EGG

Boil eggs twenty minutes. Place in cold water. When cool, remove shells and cut eggs in half, lengthwise. Remove yolks and mix them with just enough mayonnaise to make yolks creamy, add salt and pepper to taste, a little dry mustard and a few drops of vinegar. Mix thoroughly, then stuff whites of egg with the yolks. A little paprika on each egg before serving.

OMELETTE WITH CHICKEN LIVERS

(Serve on service plate) Sauté livers (3 or 4 to the order). Plain omelette, livers at each end of omelette. Garnish parsley, pickled beet. One vegetable on service plate, one in baker.

OMELETTE WITH FRIED TOMATO SLICES, BACON STRIPS

Place omelette in center of hot service plate. Garnish one side of omelette with 3 slices fried tomato, each slice overlapping the other, cross two strips bacon over top of omelette. Sprig of parsley.

OMELETTE WITH SAUCE CREOLE

Prepare plain omelette. Before folding, place a tablespoon of drained Creole Sauce in center, and fold. Place omelette in center of hot dinner plate with a triangular piece of dry toast on one side and one tablespoon Creole Sauce on the other. Garnish top of omelette with alternating strips of pimento and green pepper, using two of each. Sprig of parsley. (See recipe for Sauce Creole).

SPANISH OMELETTE

Prepare same as for Plain Omelette. Before folding place a tablespoon of drained Spanish Sauce in the center, and fold. Place omelette in center of hot dinner plate with a triangular piece of dry toast on one side and tablespoon of Spanish sauce on the other. Garnish top of omelette with alternating strips of pimento and green pepper, using 2 of each.

OMELETTE WITH TANGY CHEESE SAUCE, CRISP BACON STRIPS

Make regular cheese omelette using rarebit cheese for this purpose. Cross two strips crisp bacon over top of omelette. Sprig of parsley and slice of tomato for garnish.

OMELETTE WITH CREAMED TURKEY AND MUSHROOMS

Add equal amounts of white and dark turkey meat, diced, and mushrooms to a well-seasoned cream sauce. Prepare plain omelette as usual and just before folding, place 1 kitchen spoon creamed turkey and mushrooms inside omelette, and place one small kitchen spoon creamed turkey at side of omelette. Garnish with sprig of parsley.

POACHED EGGS WITH CHEESE SAUCE, CRISP BACON STRIPS

Place two poached eggs on two round slices of toast on hot service plate and cover with cheese sauce. Garnish with two slices of crisp bacon and a branch of well washed crisp parsley.

Do not cover with cheese sauce or garnish with bacon until waiter is ready to take order to guest. Cheese sauce must be piping hot when placed on eggs.

CHEESE SAUCE - Use same cheese (melted) that you do for Welsh Rarebit. In case you run out of this type of cheese, make cheese sauce as shown in recipe under Sauces.

POACHED EGGS, CHEESE SAUCE, FRIED TOMATO

Place two poached eggs on two round slices of toast on hot service plate and cover with cheese sauce. Garnish with two slices of fried tomato and a branch of well washed crisp parsley.

Do not cover with cheese sauce or garnish with tomato until waiter is ready to take order to guest. Cheese sauce must be piping hot when placed on eggs.

Cheese Sauce: Use same cheese (melted) that you do for Welsh Rarebit. In case you run out of this type of cheese, make cheese sauce as shown in recipe under Sauces.

SCRAMBLED EGGS WITH FRIED TOMATOES AND ASPARAGUS SPEARS

Scramble two eggs to each order. Cook to order only. Place asparagus spears in butter, season with salt, simmer until hot. Serve three canned asparagus spears and two slices fried tomato with each order.

Service: On hot service plate, eggs between two triangular pieces of dry toast. Three asparagus spears on one side of eggs and tomato slices on other side of eggs. Garnish with sprig of parsley.

KIPPERED HERRING WITH SCRAMBLED EGGS

Place on pie tin, sprinkle with melted butter, and heat well in hot oven. Service -- Place scrambled eggs in center of dish, one kippered herring on half slice of toast on one side, sprig of parsley on the other.

BROWNED HAM HASH WITH POACHED EGG - 1 portion

2/3 cup ground boiled ham      2 tablespoons onions (chopped fine)  
2/3 cup boiled potatoes (chopped fine)      3 tablespoons ham stock  
Pepper to taste

Saute onions in butter. Mix sauteed onions and all other ingredients together thoroughly. Fry a light brown. Shape like an omelette.

Service - Serve on hot service plate with poached egg on top. Garnish with sprig of parsley.

HAM -- Half Portion -- 1 - 4 ounce slice

HAM -- Full Portion -- 2 - 4 ounce slices.

SAUSAGE

Use links only -- 14 to 16 per pound. Serve 3 sausage links with Club Breakfast orders, or with eggs a la Carte.

A la Carte Orders -- Serve 6 links on hot medium platter with toast strips between each link. Garnish platter with sprig of parsley.

SEE BREADS, TOAST, ETC., FOR GRIDDLE CAKE AND FRENCH TOAST RECIPES, ALSO SERVICE OF CEREALS.

COUNTRY HAM BREAKFAST

Country Ham Breakfast slips are to be attached to the breakfast menus, and removed only when supply of Country Ham is exhausted.

A specially smoked ham is to be used for this breakfast, and will be furnished you in 3-ounce portions. It must be used for no other purpose; and should be carried in the trip report under "Ham, Va."

The ham shall be cooked to order, fried slowly, and not over-cooked. (Never broil or boil this ham or cook in advance). After removing the ham from the frying pan, add a very little flour and sufficient water to make a thin gravy. Grits should be cooked in accordance with the directions on the package, and a baking dish full served, with a tablespoonful of gravy over the top.

BROWNED TURKEY HASH WITH FRIED EGG

|                                     |                                            |
|-------------------------------------|--------------------------------------------|
| 3 cups small diced dark turkey meat | 1 teaspoon salt                            |
| 3 cups small diced boiled potatoes  | $\frac{1}{2}$ teaspoon ground white pepper |
| 1 large green pepper, diced fine    | $\frac{1}{4}$ cup of shortening            |
| 1 large onion, diced fine           |                                            |

(Above ingredients should not be larger than  $\frac{1}{4}$  inch in size)

Braise onions and green peppers in shortening but do not brown. Add potatoes and turkey and blend well with salt and pepper. Heat thoroughly under constant stirring. Brown to order like Corned Beef Hash. Serve with egg on top.



BREAD, MUFFINS, TOAST, GRIDDLE CAKES, FRENCH TOAST, CEREALS, FRITTERS, ETC.BREAD, MUFFINS, ROLLS AND CRACKERS

(Individual service to each guest) Serve on doily on tea plate.

TOAST (TABLE D'HOTE)

Individual service to each guest two (2) slices (not trimmed) out diagonally with each slice overlapping the other, underline with doily on tea plate, ramekin of jelly or marmalade on side of same plate with toast.

TOAST (A LA CARTE)

Same service except three (3) slices.

GRIDDLE CAKES

Beat together 3 eggs, 1 teaspoon salt, 2 tablespoons sugar. Add one pint milk, 2 cups flour, and 2 level tablespoons baking powder and mix thoroughly. Lastly add 6 tablespoons melted butter. Judge your requirements, and increase or decrease weights and measures proportionally to make as much batter as you think you need.

Service -- To be served on hot tea plate covered with cake cover. Hot service plate for service.

CHEESED BREAD CRUMBS

Mix 2 cups grated Parmesan Cheese with 5 tablespoons white bread crumbs.

FRENCH TOAST

Slice the bread one inch thick, then cut each slice in two diagonally, prepare in the regular manner, and then dust lightly with powdered sugar. Serve four of the triangular pieces for table d'hote orders and six of the triangular pieces for a la carte orders. Serve both a la carte and table d'Hote orders on hot medium platter with hot breakfast plate for service.

CEREALS (DRY)

Oatmeal bowl underlined with tea plate. Cereal box to be cut through on three sides in pantry and served on tea plate.

CEREALS (HOT)

Serve in oatmeal bowl underlined with tea plate.

BANANA MUFFINS

Mix 7 cups flour, 8 teaspoons baking powder, 1 teaspoon soda, 3 teaspoons salt and sift.

Cream, 1 cup shortening and add 1 and 1/3 cups sugar and 4 well-beaten eggs. Beat thoroughly, then add 4 cups mashed bananas and dry ingredients (sifted flour, etc.) by alternating 1 cup bananas then 1 cup flour, etc. Mix until smooth. Put into muffin pans and bake in moderate oven for 20 minutes.

BREAD, MUFFINS, TOAST, GRIDDLE CAKES, FRENCH TOAST, CEREALS, FRITTERS, ETC.  
(Continued)

BRAN AND RAISIN MUFFINS

Place one cup of raisins in hot water, and let stand until plump, then drain. Add raisins to one pound "Bran Muffin Mix."

BLUEBERRY MUFFINS

|                           |                                      |
|---------------------------|--------------------------------------|
| 4 cups flour              | 4 eggs                               |
| 4 teaspoons baking powder | Enough milk to make batter           |
| 1 teaspoon salt           | 4 kitchenspoons melted butter        |
| 1 kitchenspoon sugar      | 1½ cups canned (drained) blueberries |

Please note that in preparing blueberry muffins, melted butter must be used and under no circumstances should any other shortening be substituted. Mix flour, baking powder, salt, sugar together. Add eggs and 1½ cups (drained) floured blueberries, then add sufficient milk to make batter of proper consistency. Last of all, add melted butter, and be careful not to beat batter after butter has been added.

TEA BISCUITS

|                           |                                |
|---------------------------|--------------------------------|
| 5 cups flour              | 1 cup shortening               |
| 1 teaspoon salt           | Enough milk to make soft dough |
| 5 teaspoons baking powder |                                |

Sift together the flour, salt and baking powder. Chop in the shortening until very fine, add milk slowly and mix to a soft dough. Place biscuit dough on a well floured pastry board. Knead just enough to give a smooth oval surface, roll out with rolling pin, 1 inch thick. Cut into biscuits and lay them, not touching one another on a floured baking pan. Bake in a very hot oven until done, and of a nice golden brown color.

CREAM SCONES

|                           |                      |
|---------------------------|----------------------|
| 2 cups flour              | 4 tablespoons butter |
| 4 teaspoons baking powder | 2 eggs               |
| 2 teaspoons sugar         | 1/3 cup cream        |
| 1/2 teaspoon salt         |                      |

Mix and sift dry ingredients. Work in butter with fork or fingertips; add eggs well beaten (reserving a small amount of unbeaten egg white) and cream. Toss on floured board, pat, and roll 3/4 inch thick. Cut in squares or triangles, brush with reserved egg-white diluted with 1 teaspoonful water, sprinkle with sugar, and bake 15 minutes in hot oven.

GINGER MUFFINS

Use Ginger mix.

GINGERBREAD

Use Ginger mix.

BREAD, MUFFINS, TOAST, GRIDDLE CAKES, FRENCH TOAST, CEREALS, FRITTERS, ETC.

(Continued)

CROUTON - PARMESAN CHEESE

Cut bread in circular pieces 1/4-inch thick and 1-1/2 inches in diameter. Brown in oven on both sides, and spread with butter and grated cheese. Return to oven, and toast lightly to melt cheese. Drop one crouton in each cup of soup at time of service.

PINEAPPLE MUFFINS

Use regular bran mix, adding to each pound of mix one cup of well-drained crushed pineapple. Bake as near to mealtime as possible; otherwise, the product will be unsatisfactory.

SALLY LUNN MUFFINS

|                           |                               |
|---------------------------|-------------------------------|
| 4 cups flour              | 4 eggs                        |
| 4 teaspoons baking powder | Enough milk to make batter    |
| 1 teaspoon salt           | 4 kitchenspoons melted butter |
| 1 kitchenspoon sugar      |                               |

Please note that in preparing Sally Lunn Muffins, melted butter must be used and under no circumstances should any other shortening be substituted. Mix flour, baking powder, salt, sugar together. Add eggs and sufficient milk to make batter of proper consistency. Last of all, add melted butter, and be careful not to beat batter after butter has been added.

BANANA FRITTERS

|                            |                            |
|----------------------------|----------------------------|
| 2 eggs                     | 1 1/2 cups milk            |
| 1 tablespoon sugar         | 4 cups flour               |
| 1/2 teaspoon salt          | 1 tablespoon baking powder |
| 1 tablespoon melted butter |                            |

Sift the dry ingredients together. Beat the milk and eggs and slowly add the dry ingredients and beat thoroughly. Stir in melted butter. Peel the banana, cut in halves, lengthwise and crosswise. Dip each piece in batter, and drop into hot fat and fry until brown. Serve 2 pieces, 1/2 banana with each order chicken.

CORN FRITTERS

Combine one-half pound flour, 1 teaspoon baking powder, a little salt, and one teaspoon of sugar. Then add 2 well beaten eggs and enough milk to make a stiff batter. Add 2 cups of corn, mix well, and fry by dropping one-half kitchenspoon at a time into shallow lard in frying pan.

HUSH PUPPIES

Hush Puppy Mix will be furnished in 1-1/2 lb. packages. Follow instructions on package. These should be about the size of an egg. Serve two on service plate. Do not burn.

BREAD, MUFFINS, TOAST, GRIDDLE CAKES, FRENCH TOAST, CEREALS, FRITTERS, ETC.

(Continued)

DUMPLINGS

|                           |                     |
|---------------------------|---------------------|
| 2 1/2 cups of flour       | 2 eggs              |
| 2 teaspoons baking powder | About 1 cup of milk |
| 1/2 teaspoon salt         |                     |

Sift flour, baking powder and salt together into a mixing bowl. Break eggs into center, add milk gradually and stir until a stiff batter is obtained. Place colander over a large saucepan 1/2 filled with boiling water. Drop 1/2 tablespoon of batter evenly over bottom of colander. Cover and steam about 5 minutes.

ORANGE MUFFINS

To three (3) cups of fancy Muffin Mix, add  $\frac{1}{2}$  cup of orange juice,  $\frac{1}{2}$  cup of water and three (3) drops of Yellow Food Coloring. Mix as per instructions on bag. Add three (3) tablespoons grated orange rind and blend well. Fill in muffin tins a little more than half full. Bake as per instructions on bag.

DRESSINGS. (SALADS, POULTRY AND MEAT)CELERY DRESSING

Remove crusts from oldest toast or stale bread available. Soak in cold water thoroughly, then squeeze as dry as possible. Mix to the bread, diced and sauteed lean ham trimmings, diced celery (ask pantryman for outside stalks), onions, and green peppers. Season with sage, salt and white pepper. Add two raw whole eggs and mix well until smooth. Stuff turkey and place remaining dressing in baking pan covered with greased paper, moisten if necessary with stock, and bake until done.

OYSTER DRESSING - Use standard grade.

Use recipe above, then add for each loaf of bread, 18 blanched oysters, each cut into 4 pieces.

CHEESE DRESSING - Ingredients for 1 quart:

12 ounces blue cheese (use BULK CHEESE)  
 3½ cups French dressing  
 1 tablespoon Worcestershire sauce

Break cheese into small pieces, then mash with fork. Add gradually the French dressing. When of a creamy consistency, stir in the Worcestershire sauce and transfer into a quart glass jar. Tightly cover and keep in chill box. Shake well before using.

THOUSAND ISLAND DRESSING - Ingredients for 1 quart.

2 hard boiled eggs (yolks and whites) 1½ cups mayonnaise  
 chopped fine 1 cup chili sauce (strained)  
 2 green peppers, chopped not too fine

With an egg whip mix all ingredients well together in a bowl, then transfer into a quart glass jar; cover tightly and keep in chill box.

RUSSIAN DRESSING

Same as Thousand Island except to each quart of dressing add 2 teaspoons finely cut chives.

SAGE DRESSING

2 loaves of stale bread and equal 2 teaspoons of sage  
 amount of corn bread 1 cup diced ham or bacon trim-  
 1 cup diced celery mings  
 4 eggs 1 cup diced onions  
 1/2 bunch chopped, washed parsley

Salt and pepper to taste.

Old stale bread must be used, if possible. Soak bread in just enough stock or broth to get it soft, then squeeze dry. Saute onions, diced ham or bacon and celery until done, but do not brown or burn, and add to the soaked bread. Season with sage, salt and pepper, add the eggs and the chopped parsley, and mix well. Moisten dressing with stock or chicken broth. Bake until light brown and moisten with stock, if necessary, while baking.

DRESSINGS. (SALADS, POULTRY AND MEAT) CONTINUEDVINAIGRETTE DRESSING --(Prepare in pantry)

|                                  |                                     |
|----------------------------------|-------------------------------------|
| 1 onion, washed and chopped fine | 1 tablespoon of parsley, washed and |
| 1 dill pickle, chopped very fine | chopped fine                        |

Mix all ingredients together and mix with three cups French dressing.

PORK DRESSING

Use dry bread if possible. Cut off all crust from loaf bread. Break up and sprinkle with cold water. Mince 2 onions, 2 outside stalks celery very fine and braise in a little fat until onions are soft but not browned. Next, add onions and celery, one teaspoonful of ground sage, salt, pepper, two teaspoons of chopped parsley and two eggs. Mix well. Then stuff chops.

SAUCES - (MEAT, FISH, CHICKEN, DESSERTS, etc.)CHEESE SAUCE

|                        |                                    |
|------------------------|------------------------------------|
| 1/4 cup butter         | Pinch of dry mustard               |
| 3/4 cup flour          | 1 teaspoon of Worcestershire sauce |
| 1 quart milk (boiling) | 3 cups of grated American cheese   |

Melt butter in saucepan, add flour to make a roux; cook well; add milk slowly, stirring well to prevent lumps; add Worcestershire sauce, mustard, grated cheese and salt and pepper seasoning; boil for a few minutes until cheese is melted.

CIDER SAUCE

|                              |                          |                |
|------------------------------|--------------------------|----------------|
| 3 outside stalks             | 2 tablespoons cornstarch | 1/2 cup apple  |
| 1 medium onion sliced        | 2 cups sweet cider       | jelly          |
| 1 teaspoon whole mixed spice | 1 cup tomato juice       | 1/2 cup sherry |
|                              |                          | wine           |

Put all ingredients except cornstarch in saucepan and simmer for 25 minutes. Then add cornstarch mixed with a little cider. Let simmer for 5 minutes longer, strain. Serve in gooseneck.

COCKTAIL SAUCE (Seafood)

|                        |                                    |
|------------------------|------------------------------------|
| 1 bottle tomato catsup | Juice of 1 lemon                   |
| 1/2 cup horseradish    | Dash of Tabasco                    |
|                        | 2 tablespoons Worcestershire sauce |

Mix thoroughly and season with salt to taste.

CREAM SAUCE

|             |                 |                        |
|-------------|-----------------|------------------------|
| 1 cup flour | half cup butter | 2 quarts milk, boiling |
|-------------|-----------------|------------------------|

Melt butter, add flour and make roux. Let cook for at least 10 minutes. Add boiling milk gradually, stirring constantly to prevent sauce from getting lumpy. Cook for 30 minutes. Season with salt only. Strain into a jar or china crock. Add pieces of butter on top of the sauce to prevent the forming of a crust.

CREOLE SAUCE

|                            |                        |
|----------------------------|------------------------|
| 2 onions chopped fine      | 1 minced green pepper  |
| 4 blades celery, chopped   | 1 clove garlic         |
| 1/4 cup melted butter      | 1/4 cups sifted flour  |
| 1 cup puree of tomatoes    | 2 cups canned tomatoes |
| 1/4 cup mushrooms          | 1 bay leaf             |
| 1 teaspoon chopped parsley |                        |

Saute onion, green pepper, celery and garlic in butter five minutes. Blend 1/4 cup sifted flour and stir well. Add tomatoes, tomato puree, mushrooms, and bay leaf. Season to taste. Cook slowly for thirty minutes. Add chopped parsley.

SAUCES. (MEAT, FISH, CHICKEN, DESSERTS, etc.) (continued)CUMBERLAND sauce

Make a brown roux and moisten with sufficient brown stock. Let simmer for several hours. Skim off grease and strain. Slice 1 peeled orange and 1 peeled lemon in very thin slices and then cut slices in julienne shape, blanch and drain. Add this and the juice of 2 oranges and 1 lemon to a quart of brown sauce. Let simmer until reduced to proper consistency, then finish with a cup of currant jelly and 2 tablespoonfuls of French mustard.

EGG SAUCE

Melt 3 tablespoons of butter, and add 3 tablespoons of flour. Stir with whip until smooth. Add gradually  $1\frac{1}{2}$  cups of hot water or fish stock. Boil for 5 minutes. Add 1 oz. butter in small pieces, 1 teaspoon of lemon juice, and 2 hard-boiled eggs cut in thin slices. Blend well. Pour over fish at time of service.

FRICASSEE SAUCE

Strain  $\frac{3}{4}$  gallon stock through a cloth. Place back on fire. In separate pan, melt  $\frac{3}{4}$  cup chicken fat and use two cups flour to make a roux. When the fat has absorbed the flour, cook this mixture slowly for five or six minutes; then add the boiling stock a little at a time, whipping well as you add. Season with salt and white pepper, remove from fire, and add 3 egg yolks well beaten into one cup of cream. When finished, the sauce should be thick enough to adhere to the meat.

FRUIT SAUCE

|                               |                                   |
|-------------------------------|-----------------------------------|
| 1 cup pineapple juice         | 1 tablespoon cornstarch           |
| 1 cup peach juice             | 2 cups equal amounts diced fruit, |
| $\frac{1}{2}$ cup sugar       | including orange segments, peeled |
| $\frac{1}{4}$ cup maple syrup | apples, peaches and pineapple     |
| 2 cloves                      | Seedless raisins                  |
| nutmeg                        | Juice of 1 lemon                  |
| 1 stick of cinnamon           |                                   |

Place pineapple juice, peach juice,  $\frac{1}{2}$  cup sugar and  $\frac{1}{4}$  cup ~~syrup~~ <sup>syrup</sup> in a pot and bring to a boil. Add 2 cloves, a pinch of ground nutmeg, 1 stick of cinnamon about  $\frac{1}{2}$  inch long and juice of one lemon. Simmer slowly and thicken slightly with 1 tablespoon cornstarch mixed with  $\frac{1}{4}$  cup water. Mix 2 cups equal amounts of diced fruit, including orange segments, peeled apples, peaches and pineapple. While syrup is still boiling, strain it over the mixed fruit and add a tablespoon of steamed seedless raisins. Cover and allow to cool. Note—Sugar quantity given applies if natural or unsweetened fruit juices are used. If canned or preserved fruits are used, less sugar will be needed.

HAVANAISE SAUCE:

Chop 3 shallots very fine and simmer in butter. Add  $\frac{1}{2}$  glass claret and reduce almost dry. Then add 1 pint brown gravy and cook 10 minutes. Add 2 pimentos, cut julienne. Before serving, add 3 ounces butter, the juice of 1 lemon, and chopped parsley.



SAUCES - (MEAT, FISH, CHICKEN, DESSERTS, etc.) continued.HORSERADISH SAUCE

Make a roux with 1/2 cup of flour, 1 kitchen spoon of clear fat or butter. Cook 10 minutes, then add 1 quart of boiling strained beef broth, stirring constantly, add 1/2 cup cream, cook 20 minutes, then strain into jar and add 1 kitchen spoon of horseradish and juice of 1/2 lemon. If prepared horseradish is used be sure to squeeze out all vinegar.

HOLLANDAISE SAUCE

In a double boiler work together 1/4 cup of water and 3 egg yolks, beat constantly with egg whip until emulsion is formed. Then take off fire, place on working table and stir in 1/2 lb. of warm melted butter (like you work oil into mayonnaise). Lastly add juice of half a lemon and season with salt. Larger quantities in proportion.

MAITRE D'HOTEL SAUCE

Work 1 teaspoon of finely chopped parsley and juice of 1 lemon into 1 cup of soft butter, and roll out mixture into a roll 1-1/2 inches in diameter. Wrap in waxed paper and chill. Chef to place 1/2-inch slice on top each portion fish in kitchen at time of service.

MEUNIERE BUTTER

In a small black frying pan, melt butter (3 pieces cut table size for two orders.) Then fry to a light brown and add strained juice of a half lemon. Pour brown butter over fish and sprinkle with finely chopped and washed parsley.

RAISIN SAUCE

|                       |                          |                  |
|-----------------------|--------------------------|------------------|
| 1 pound raisins       | Juice of 1 lemon         | 1 ounce butter   |
| 2 cups sugar          | 1 stick of cinnamon      | 3 whole cloves   |
| 2 tablespoons vinegar | 2 tablespoons cornstarch | 2 whole allspice |

Melt the butter in a pot, add the sugar and spices, and cook until a golden brown. Add two quarts of water, bring to boil, and thicken with cornstarch dissolved in cold water. Let boil again, and strain through Chinese strainer. Return to range, and add drained raisins which have previously been stewed in water until soft, the vinegar and the lemon juice. Allow to simmer for 10 minutes.

RED CURRANT SAUCE

1# currant jelly  
4 ounces water  
Juice of half lemon

One pound red currant jelly in saucepan, add the water and lemon juice, and cook together until of a syrup consistency. Strain through China cap and cool. Transfer to clean jar and keep cool in chill box.

SAUCES - (MEAT, FISH, CHICKEN, DESSERTS, etc.) continuedLemon butter

Place on cup of butter in a pan; and when it begins to simmer, add juice of one lemon, a few grains of nutmeg, and 1/2 teaspoon finely chopped parsley.

SAVORY SAUCE

Cream 1 cup butter  
add

4 tablespoons chopped parsley  
4 tablespoons lemon juice  
1 teaspoon minced onion  
1 tablespoon minced green pepper

Spread one tablespoon savory sauce on each order broiled fish when serving. Makes 1 1/2 cups.

TARTAR SAUCE

|                                  |                             |
|----------------------------------|-----------------------------|
| 1 cup mayonnaise                 | 2 finely diced dill pickles |
| 1 tablespoon finely diced onions | 1 tablespoon chopped capers |

Dry the onions, pickles, and capers by wringing in towel; then add them to mayonnaise. Mix well, and add the chopped parsley.

TOMATO SAUCE

|                         |                        |                         |
|-------------------------|------------------------|-------------------------|
| 1 ham bone, cracked     | 1-1/2 cups flour       | Mixed spices, consist-  |
| 1 cup chopped carrots   | 1/2 cup bacon grease   | ing of 6 whole peppers, |
| 1 cup chopped celery    | 1 chopped green pepper | 4 whole cloves, 4       |
| 1 gallon whole tomatoes | *1 gallon stock        | whole allspice, 1       |
| or puree                | 1 cup chopped onions   | bay leaf.               |

Braise together with the bacon grease, the ham bone, the vegetables and spices until soft. Add the flour to absorb the grease for roux and cook for five minutes. Stir in the tomatoes and the stock. Boil one hour and strain through Chinese strainer. Season with salt, white pepper, and a pinch of grated nutmeg. If acid in taste, add a small amount of sugar. \*Use chicken, turkey, or veal stock.

VANILLA SAUCE

Place 1 quart milk and 1-1/2 cups sugar in a pot and bring to a boil. Thicken with 2 tablespoons of cornstarch dissolved in cold water. Remove from range, and whip in 3 egg yolks that have been beaten with 1/4 cup of warm milk. Season with vanilla extract.

VELOUTE SAUCE - Instructions for 1 quart.

|                                       |                             |
|---------------------------------------|-----------------------------|
| 1/2 cup of butter or other shortening | 1 qt. strong chicken, veal, |
| 3/4 cup of flour                      | or turkey broth             |

Make a roux from the butter or other shortening and flour which should be cooked for at least 10 minutes; add the boiling broth slowly, beating sauce well with wire whip to prevent lumps.

SANDWICHES

No extra charge to be made for toasting or grilling.

All sandwiches served in dining cars to be cut diagonally and plate garnished with pickle or slice tomato and sprig of parsley. Use lettuce on all sandwiches except cheese and peanut butter. Use liberal filling in all sandwiches.

Any sandwich served hot with potatoes and gravy should be priced in accordance with Bulletin No. 65.

Use only fresh toast in making sandwiches. Sandwiches should be made at any meal upon request of guest, if ingredients are on car.

CLUB SANDWICH

Spread three slices freshly made toast with mayonnaise. Cover two slices with crisp lettuce leaves. On the lettuce neatly arrange slices of white meat of turkey or chicken, as specified on menu, and place a slice of crisp bacon on top of the meat. Season lightly with salt and white pepper. Put sandwich together, trim edges, fasten together with wooden toothpicks, and cut in four triangular sections. Arrange the four sections neatly around the center of warm service plate on bed of lettuce leaves. The points of the sections should be pointing upwards with the outside of the toast resting on the plate. Garnish with 1 ripe and 1 green olive, 2 slices of dill pickle, and 1 slice of tomato cut in two. Do not place tomato slice in sandwich. Hot tea plate for service.

HAMBURGER SANDWICH ON TOAST, TOMATO SLICE, PICKLE

This is to be served as OPEN sandwich. 4 sandwiches to pound of hamburger.

Place two slices trimmed freshly made buttered toast on hot service plate. On one slice place fried hamburger (4-ounce portion), on other slice of toast place 1 slice of tomato. Garnish plate with a few potato stix and piece of dill pickle, sprig of parsley.

CUBAN SANDWICHES (Spanish Luncheon).

## SPANISH LUNCHEON

- - - - -

## Spanish Bean Soup

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Cuban Sandwich, Ybor City Style  
(Baked Ham, Turkey, Swiss Cheese, Salami,  
Pickle Chips, served on hot Cuban Bread)

## Beverage

Spanish Bean Soup comes frozen in pint containers. To be stored in deep freeze boxes or in ice cream wells, if no deep freeze on diner. To each pint add 4 ounces of water. (Be careful not to add more than 4 ounces or soup will be too weak. You can use an orange juice glass in measuring water. This holds 5 ounces to top of glass. Cut to 4 ounces). Serve soup very hot, in hot soup cup and add 1 pat of butter at time of service to each cup. Each pint of soup with water added will make four orders.

Cuban Sandwich, Ybor City Style

Cuban bread, cut loaf crosswise into 7 inch lengths.

Split each sandwich through center, lengthwise.

Butter one slice of bread with soft butter, using equivalent of 1 pat.

On other slice of bread prepare sandwich as follows:

Cover bread with thinly sliced baked ham (1 ounce)

On top of ham place thinly sliced white meat of turkey (3/4 ounce)

On top of turkey, place two thinly sliced pieces of salami (1/4 ounce each slice)

Place 1 pickle chip on each piece of salami

Cover with slice of Swiss Cheese, which is 1/2 of full slice (see below)

Close sandwich and place in oven, until bread hot but not dried out.

Serve hot.

Bakery in Tampa will make delivery of bread to diner each day at Tampa at about 11:30 AM at which time steward can determine number of loaves needed to last a round trip. Each loaf of bread should make 5 sandwiches as they are about 36 inches in length. This bread should be kept under refrigeration to keep it fresh.

Requisition Bean Soup from Jacksonville only. This will not be available in Washington. Other ingredients may be ordered at either point. Swiss cheese will come in one half pound packages, cut 6 slices to the half pound. Each slice of cheese is to be cut in half lengthwise. Each half pound package will make 12 sandwiches. Salami can be ordered by the pound. Each pound should yield 64 slices, or 32 sandwiches.

PASTRAMI SANDWICHES (Today's Special)

## TODAY'S SPECIAL

Tomato Juice

Pastrami Sandwich on Rye Bread

Potato Salad                  Dill Pickles

Choice of Beverage and Dessert

Pastrami is to be ordered from Washington, except in emergency it may be obtained at Jacksonville.

This item will be sliced and issued in one-pound packages. Each pound will yield 11 sandwiches (about 1 1/2 ounces per sandwich), and you should bear this in mind when ordering. Keep Pastrami in original wrapper as it is furnished you, under refrigeration in high kitchen chill box, and use as needed. Be sure you keep ample supply of fresh rye bread on cars to meet requirements. Only Kosher Dill Pickles are to be used, and when ordering for this special, be sure to specify Kosher Dills. We will continue use of regular dills for garnishing other items.

Instructions for Preparation and Service

Tomato Juice (Regular service - be sure it is cold)

Use 2 slices of fresh rye bread. Do not remove crust. Make up sandwich without use of either butter or mayonnaise, unless check indicates guest desires mayonnaise. This information to be developed by waiter from guest when he reads check back to guest and if mayonnaise is desired, check to be so marked.

Cover one slice of bread with a single layer of Pastrami, then cover other slice with another single layer of Pastrami. Close sandwich. Note this will provide two (2) layers of thinly sliced Pastrami in each sandwich. Do not use lettuce.

Cut sandwich diagonally, and arrange neatly on cold service plate. Mold potato salad in egg cup and turn out onto single lettuce leaf on same plate. (See page 44 of recipe book). Garnish plate with 2 strips of Kosher Dill Pickles and 1 ripe and 1 green olive. Sprig of parsley.

Waiter will place mustard (served in china mustard cup with AD spoon) on table of guest at time of service of all Pastrami sandwiches.

MISCELLANEOUSSPAGHETTI WITH MEAT BALLS

Use Kitchen Craft Spaghetti Sauce.

Cooking instructions for Spaghetti

Fill saucepan 3/4 full of water, bring to a brisk boil, add salt and spaghetti (do not break up) and cook until done. Pour into colander and rinse well under faucet. Then place in a bain marie, cover with cold water and set in chill box until ready for use. Important -- Do not overcook as spaghetti becomes soggy and loses flavor when boiled too long.

MEAT BALLS - 2-1/2 pound hamburger

Season hamburger with 3 teaspoons salt, 1/2 teaspoon pepper, add 2 eggs, 13 slices bread, soaked in cold water and squeezed dry. Mix well. Shape mixture into small balls about 1 inch in diameter. Partially cook meat balls in 4 tablespoons hot bacon fat, add 3 small onions, finely chopped, and brown with meat balls. Place partially cooked meat balls in Kitchen Craft spaghetti sauce, cook until done.

Service--Place a very liberal supply of spaghetti on hot dinner plate. Cover spaghetti with spaghetti sauce and place two meat balls on top of sauce. Serve Parmesan cheese on side in baker. If vegetables are ordered by guest, serve in side dishes. Under no circumstances is spaghetti to be cooked or mixed with the sauce. Sauce to cover the spaghetti at time of service only.

SPAGHETTI WITH MEAT SAUCE

To cook spaghetti: Break spaghetti as received in two. Cook in salted boiling water until tender, from 15 to 20 minutes, depending on the quality and thickness. Drain off water, rinse under faucet to prevent sticking. Cook tender, not too done. After rinsing in cold water, keep in a jar for use as needed. To warm up, dip the quantity needed in boiling water, remove, strain well until dry, and spaghetti is ready to serve with whatever sauce shown on menu.

Meat Sauce: Use "Kitchen Craft" spaghetti sauce. Grind or chop finely any scraps of meat available - beef, pork, veal and ham, no lamb. Saute in butter or oil one cup of finely minced onions until tender, but not brown. Then add the ground meat, and let braise for 15 minutes. Add "Kitchen Craft" spaghetti sauce and an equal amount of stock. Cook slowly and reduce until of proper consistency.

Service: Place the hot, well drained spaghetti in casserole with generous amount of sauce poured over. Two basting spoons full is sufficient. Sprinkle with grated Parmesan cheese. Green salad served as garnish for this dish to be prepared in the pantry, chopped greens, lettuce, radishes, and pieces of tomatoes, cucumbers, seasoned with French dressing, and served on cold tea plate. Casserole underlined with tea plate.

MISCELLANEOUS (continued) :CASSEROLE OF BAKED MACARONI WITH HAM:

Break macaroni into pieces about three inches long. Cook in boiling water until tender, about 20 minutes. Macaroni should be firm, not too done. Drain off water in which cooked, and rinse under faucet with cold water to prevent sticking. DRAIN THOROUGHLY. Mix a generous amount of minced cooked ham and rich cream sauce with the macaroni. Season with salt and white pepper. Sprinkle with cracker meal, grated cheese, dash of paprika, and bake in shirred egg dish. Dot with butter and cook until well browned. Caution: Keep macaroni, ham, and cream sauce mixture ready, baking only enough individual portions to take care of your requirements. Bake few at a time; otherwise the product will be dry.

Service: Shirred egg dish underlined with tea plate; hot dinner plate for service.

WELSH RAREBIT, CHEF'S SALAD, DRY TOAST, BEVERAGE

Welsh Rarebit will come in 6 ounce cans, serve one can to each order. Do Not Thin with Milk.

Add nothing to cheese. Melt cheese in double boiler, but be sure cheese is thoroughly melted before serving. Serve in large shirred egg dish. Place shirred egg dish on top of range, and get it very hot before pouring cheese into dish. Underline with service plate. This item must not be removed from range until waiter is ready to take it to guest, and should be sizzling hot when it is taken from kitchen, and must be taken to table of patron by waiter immediately. Hot service plate for service.

Serve two slices dry toast cut in the usual manner on tea plate. Butter on butter chip.

Chef's salad: Serve same salad as with ACL STEAK PLATTER.

Welsh Rarebit, Toast, and Salad to be all served at same time. Beverage as patron may desire.

## MISCELLANEOUS (continued)

BOWL OF CHILI CON CARNE. MIXED SALAD. SALTINES. BEVERAGE

We will use Hormel's canned chili which comes in 8 ounce cans which is an individual serving. Follow directions on can. Place a very small amount of water in bottom of pan you are using to heat chili, so that it will not burn or scorch. Serve in hot oatmeal bowl, underline with tea plate.

MIXED SALAD - Same as served with ACL steaks.

One medium large head of lettuce shredded (not chopped); one medium-sized onion, finely shredded; four or five radishes, cut in thin slices; and a little chopped parsley. Mix all together and keep in ice box until needed. Serve on cold tea plate and pour a little French dressing -- about one ounce -- over the salad just before serving. This makes six orders. Do not prepare too much salad in advance.

Note that no soup or juice or dessert is served with this item and must be charged for extra if ordered by guest. Bread may be served in lieu of crackers should guest desire.



